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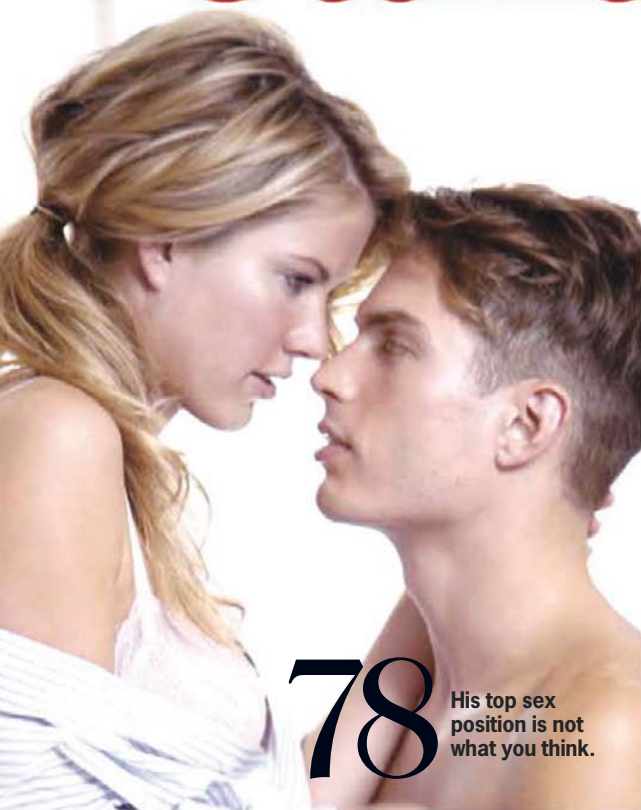


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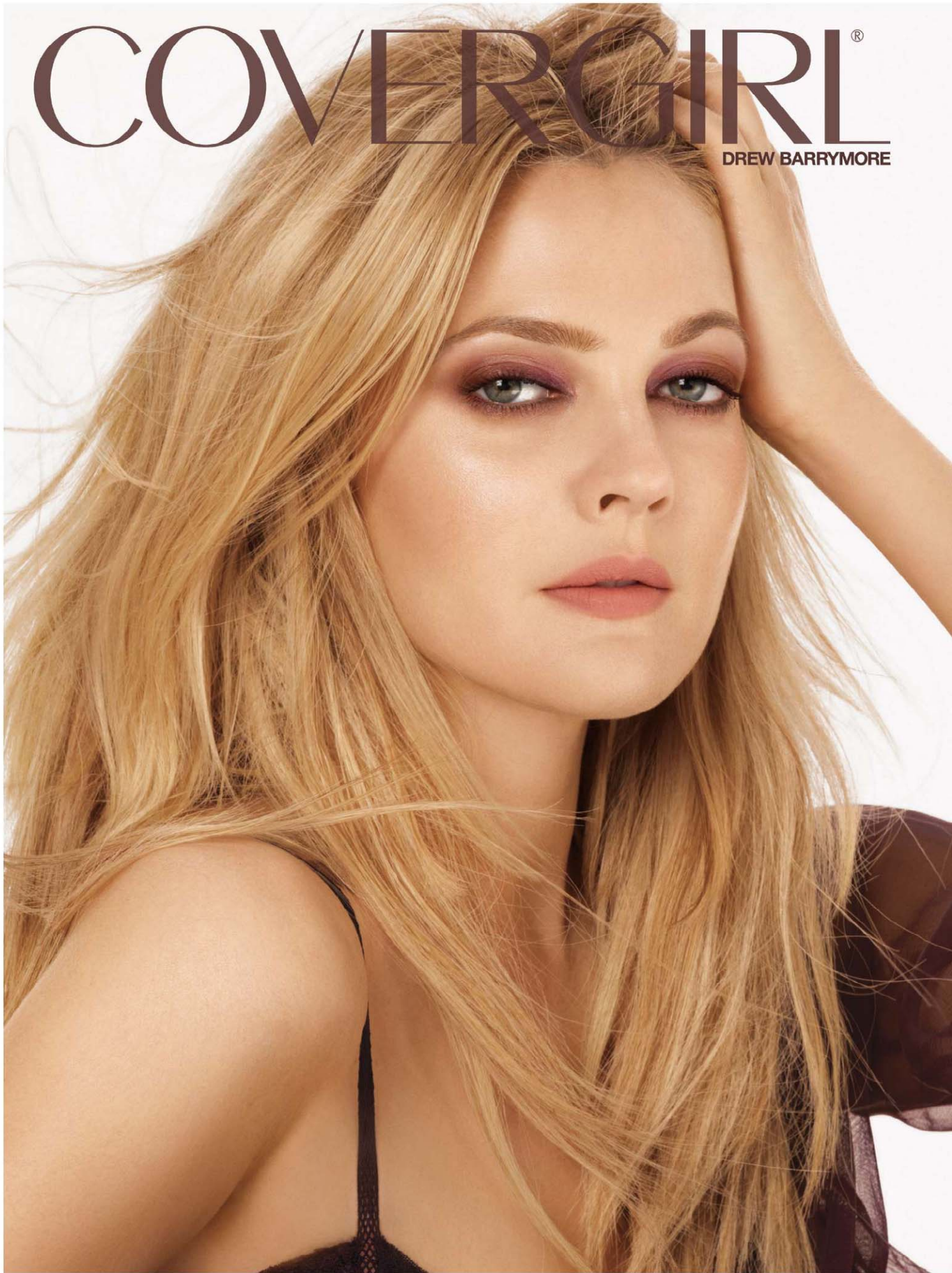
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Drew Barrymore is wearing Smoky ShadowBlast in Purple Plume.





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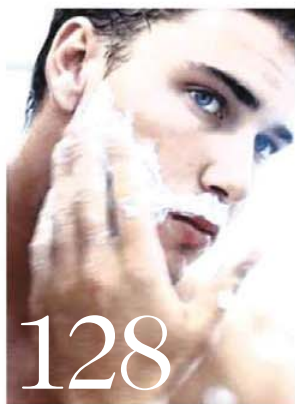
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## ON THE COVER

Top by D&G. Jeans by 7 for All Mankind. Bracelet (on left wrist) by Paige Novick. Ring by Alexis Bittar. Bracelet (on right wrist) by Itay Malkin. To get Amanda's look, try Powder Blush in In Love, Soft Touch Eyeshadow in Trace, Inimitable Mascara in

Black, and Glossimer in Maline, all by Chanel. Hair: Renato Campora for Frederic Fekkai Hair Care at the Wall Group. Makeup: Mary Phillips at the magnetagency.com. Manicure: Jenna Hipp for Spa Ritual/celestine agency.com. Fashion director: Michelle McCool. Photographed by Cliff Watts





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# Cosmo at a Glance



Amanda Bynes

Don't have time to devour the whole magazine right this minute? These tidbits (all cribbed from articles in this issue) will give you a taste of what's to come.

## CAN'T-MISS QUOTE

**"I'm not a fame whore, so I think fame whores aren't attracted to me."**

—Amanda Bynes on how she avoids falling for sleazy Hollywood types, p. 26

## Convo Starters

- One word to retire from your vocab now: *whatever*. A recent poll found that it's the most annoying term ever. **P. 25**

- When women dine out with a group of girlfriends, they consume more calories than if they'd eaten with just a few people, in a coed group, or with a guy, new research shows. **P. 172**



- Sixty percent of women report having a negative relationship with their guy's mother, compared to only 15 percent of men who say they have tension with their sig other's mom. **P. 104**

- You should never say "I don't know" to your boss. We found out what the best response is (even if you really don't know!). **P. 106**

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Some words just keep popping up. This month, it was:

## Intense

- What your chemistry with your guy will be like if you carve out time for this activity .....p. 30
- When a make-out session reaches this level, try a cool trick with your bra. ....p. 78
- Friction that's too much of this could be hazardous to your sex life. ....p. 90
- Sums up the O a sassy arson inspector experienced after a night with a smokin' hot firefighter .....p. 176
- We tell you how to handle an awkward moment in bed when the mood is like this. ....p. 86

## BIGGEST GUY INSIGHT

**Want to know if a dude is into you? Watch for the shoulder touch. It's highly sexual—the way your shoulder fills his palm is reminiscent of the shape and feeling of a breast (p. 126).**



## SEXY WAYS TO LIVE UP YOUR LOVE LIFE

Experts agree: When you and your guy act like total goofballs around each other, you actually fall more in love. We have tons of wacky, sexy, and outside-the-box ideas on p. 82, but here are a few to get you started.

**Hide a fake tattoo** on your body, and challenge him to find it.

**Have a triathlon date**, competing in pizza eating, thumb wars, and leg wrestling.

**Go commando** together for a day (it'll be your secret).



## Best Deal in the Issue

**An extrawide metallic belt that will become your go-to waist cincher, \$9.80 p. 51**



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# HOW TO LOOK YOUR HOTTEST

Cosmo knows what qualities make a woman alluring: healthy, glowing skin; lush, shiny hair; smoldering eyes; and lusty lips—for starters. In our hot new how-to book, you'll find hundreds of easy beauty tips that'll kick your sexiness up a notch.

### HERE'S A SNEAK PEEK AT WHAT YOU'LL FIND INSIDE



#### [From our chapter on eyes]

- For a bold, notice-me eye effect, dampen your brush slightly before dipping it into the shadow. The water will intensify the color for a deeper payoff.

#### [From our chapter on skin]

- Light up your skin in a subtle way by adding a tiny drop of liquid highlighter to the tinted moisturizer you use on your face.

#### [From our chapter on lips]

- The trick to a flawless lip-color application is to let your mouth go a bit slack. If you pucker up or tense it, you won't get an even finish.





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**New Rules for Outsmarting Danger, Page 122**

## You Tell Us!

Here's what a few of you have been thinking about some of our recent articles. Got something to say? Visit [cosmopolitan.com/tellcosmo](http://cosmopolitan.com/tellcosmo).

**"My guy and I turned your story '50 Sexy Ways to Touch Him There' in the September issue into a game: He picked a number between 1 and 50 without looking at the item in the magazine, and I acted it out. We both found new things we enjoyed that I wouldn't have been brave enough to try out of the blue."** —Jessica, 21

**"In September's 'Guy Report' on 'Chicks With Lots of Tats,' you didn't mention the loads of men who actually like tattooed women. As a visibly tattooed woman, I have had men of all varieties express interest in me."** —Sidni, 22

**"I was thrilled to see Justin Long in the September issue. I think he's often overlooked because he's not the muscular pretty boy we're used to seeing in Hollywood. Thanks for recognizing such a talented guy!"** —Ashley, 24

## Behind the Scenes at Cosmopolitan

### Hanging Out With Cosmo's Bachelors

Recently, our Hot-test Bachelors of 2009 came to New York for a whirlwind media tour and party. Of course, it's always just plain fun to spend time with these great (and great-looking) guys, but they also give us intriguing glimpses into the male psyche. This time, we were reminded of how competitive men really are with one another. We witnessed them having arm-wrestling matches before the *Today* show and pushup contests at the Cosmo Radio studio as well as competing to see who could get the most phone numbers (South Carolina managed to get 43 in only five minutes!). At the party, the guys strutted their stuff on the runway, and after Florida took off his shirt, so did almost every other bachelor...which, strangely enough, the guests didn't seem to mind a bit.



### Cosmo's Guide to Kicking Butt in the New Year

There's something about the New Year that makes us want to reinvent our lives, whether it's as simple as starting a new gym routine, cleaning out our closet, or finally getting over that toxic ex. Sprinkled throughout this issue are little tips to bring out your happiest, sexiest, and most badass self in 2010. To kick off the new you, start by checking out "4 Gutsy Changes to Make in 2010," on page 98.

*Kate White*

Kate White, Editor-in-Chief

### Things I Didn't Know Till This Issue

● Chinese is one of the most craved foods after a night of drinking because, after all that booze, our body wants salt. (Page 102)



● Some women report being able to reach orgasm more easily after doing vaginal exercises. (Page 112)

● People who manage to stay busy at work are happier during time off. (Page 166)



● A recent study shows that guys dig chicks who use the word *I* often. (Page 48)



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## ASSOCIATE PUBLISHER/ADVERTISING

Sue Katzen; (212) 649-3303

ADVERTISING DIRECTOR: Mary Donahue Quinlan

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SAN FRANCISCO DIRECTOR: Lauren Johnson; (415) 278-3620

SHOPPER/CLASSIFIED REPRESENTATIVES: Kathleen Monaghan Gleason, Joseph P. Gleason  
ClassMark Inc.; (708) 352-8430

EXECUTIVE ASSISTANT TO THE PUBLISHING DIRECTOR: Lynn Goldstein-Garguilo

BUSINESS COORDINATOR: Kyo Vermeulen

BEAUTY COORDINATOR: Jessica Shenker

RESEARCH COORDINATOR: Lauren Kamen

ASSISTANTS: Caryn Gordon, Hartley Kurtz, Cristina Pasion,  
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# Hot Sheet

COSMO NEWS

## 6 Trends on the Rise Right Now

His other hand is on his iPhone.

### 1 Kissing and Telling

Justmade love.com lets people brag about where they got it on—we know which movie-theater row we'll avoid. Plus, one study found that 36 percent of people under 35 use Facebook or Twitter after sex.



### 4 Sparkly Leggings

They're serious attention grabbers, but layer on additional shine and you'll end up looking like the floor after a New Year's Eve party. So limit the sequins to your legs, and balance them out with a boyish top—like an oversize tee—or a boxy blazer.



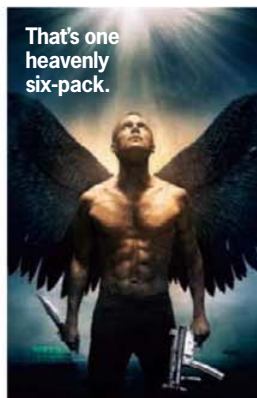
Victoria Beckham

### 2 Verbal Pet Peeves

According to a recent poll, almost half of Americans think *whatever* is the most annoying word or phrase in the English language. Honorable mentions went to *it is what it is, anyway*, and *you know?* See if you can string all four together to create the worst sentence in the universe!

Whatever

That's one heavenly six-pack.



### 5 The End of the World

Nothing like an apocalypse flick to make you appreciate the good things in life—like watching Paul

Bettany's pecs in *Legion* and Denzel Washington's sweet moves in *The Book of Eli* or fantasizing about repopulating the earth with Ethan Hawke in *Daybreakers*. Wait...Armageddon doesn't seem so bad.

### 3 WHAT'S NOT SO HOT

#### Extreme Tonsil Hockey

Dear Daisy de la Hoya, We think it's great that you found The One—even with the help of reality TV. But you're not going to hold on to him if you swap spit with chicks for the cameras....Or maybe that's the *only* way you can keep him.

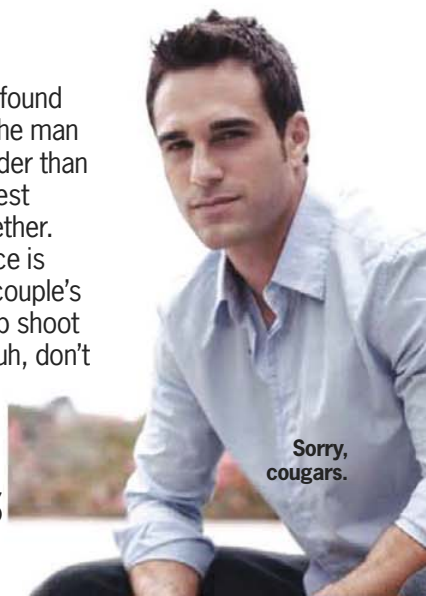
Sincerely,  
Cosmo



Let's hope Daisy (right) and her "friend" got their flu shots.

### 6 Older Men

Recent research found that couples in which the man is at least five years older than the woman have the best chance of staying together. When the age difference is reversed, however, a couple's chances of breaking up shoot through the roof. But, uh, don't tell Demi and Ashton.



Sorry, cougars.





COSMO NEWS

# Interview

## AMANDA BYNES IS ON A BOY HUNT

*That girl with the pigtails on Nickelodeon? Gone. The new Amanda is a total knockout worthy of serious roles... and ready for a serious relationship.*

**By Ky Henderson Photographs by Cliff Watts**

Fashion director: Michelle McCool. Hair: Renato Campora for Frederic Fekkai Hair Care at the Wall Group. Makeup: Mary Phillips at the magretagency.com. Manicure: Jenna Hipp for Spa Ritual/cel.stineagency.com. Top and skirt: Miu Miu; shoes: Brian Atwood. See page 182 for shopping information.





▶ We're not sure what you're supposed to wear when you go to a psychic, but we're pretty sure Amanda Bynes isn't wearing it. The actress has spent the day at New York Fashion Week shows, so as we walk to the psychic's Manhattan office—do you call it an office?—the 5-foot-8-inch Amanda is still perched atop a pair of Yves Saint Laurent platform pumps that bring her almost to eye level with guys more than 6 feet tall. She's also wearing a BCBG jersey dress that shows off her long, trim, tan legs.

In other words, Amanda looks amazing but a *little* out of place once she's surrounded by holistic medicines and trippy technicolor artwork. Not that she minds. "This is fun," the 23-year-old says. "This is how memories are made...by going with the flow."

Why are we taking Amanda to see a psychic? Because it's a new year and she wanted to do something nutty that she'd never done before.

# Funny Girl We Ask Amanda to Mug for Our Camera



This definitely qualifies. The psychic, who looks and acts disappointingly normal, warns Amanda about a two-faced friend, family trouble, and a big life change that's going to take place when she's 25. Amanda is in agreement about the friend, skeptical about the family problems, and intrigued by the life change. But her ears really perk up when the psychic mentions her immediate future.

"You must decide what you want to do," the psychic says as she concentrates on several smooth, colorful rocks spread out on the table. "It's really coming across to me that you want something, but it may not come to pass if you don't push for it. Because some people don't think—"

Displaying some psychic powers of her own, Amanda finishes the sentence in a soft voice: "That I can do it."

Those people don't know Amanda very well.

## WORKING IT

Whether or not you believe in psychic powers, it's obvious that Amanda *does* want something: to make the switch from child star to adult actress.

"I'm at that stage where I'm still young and maybe naive, but I'm figuring it out," she says, flipping away two strands of long hair that continually tumble onto her face. "As I get older, I don't really want to be in things that I wouldn't be interested in watching."

And what the psychic said is true—not everyone thinks Amanda is ready to move up to the big leagues. Now, no one in their right mind would say she doesn't possess the talent; at 23, she's already poised to become one of Hollywood's most gifted comedic actresses.

**"I WANT SOMEONE WHO I CAN TRUST—THAT'S IMPORTANT TO ME."**

But history has shown, child stars often have trouble making the transition to adult roles once they grow up.

So far, however, Amanda is making steady progress. She starred in the 2007 musical *Hairspray*, and many of the teen movies she's been in have tons of adult fans.

"Professionally, Amanda is way ahead of her age," says Andy Fickman, who directed her 2006 flick *She's the Man*. "In many cases, you'll find that what made a kid funny or cute has disappeared five years later. But you can see how Amanda is transitioning: She's beautiful, funny, and charming. When you look in her eyes, there's this depth coming from her that makes me think of someone like Julia Roberts. I think that's the direction Amanda is going to go."

Amazingly, Amanda has already had a career almost half as long as Julia's. Ever since she was a little girl, Amanda has been a performer—she was doing stand-up comedy as a 7-year-old—and while auditioning as a kid, she was noticed by Nickelodeon. After she appeared on the sketch-comedy show *All That* for a couple of years, the network gave her her own variety program called, oddly, *The Amanda Show*. When that happened, she was an ancient 13 years of age.

All the time she's spent in front of a camera has allowed her to develop her ability to make people laugh. When she costarred with Vinnie Jones in *She's the Man*, Jones—a notoriously tough former professional soccer player whose acting career has consisted mostly of playing murderous gangsters—had trouble doing his scenes because just looking at Amanda cracked him up. And Jones isn't her only former costar who thinks she's hilarious.

"Amanda's sense of humor has this originality," says Zac Efron, who costarred with



Amanda in *Hairspray*. “She discovers funny things in the moment and rolls with whatever happens. I admire that.”

Kudos are great, but the fact is, Amanda has been on the job since middle school. Isn't she ready for a break? “All I want is to continue—to have a long career,” she tells us. “I want to do stuff that I'm passionate about.” And then, almost as if she's talking to herself, she adds this side note about her love life: “Yet I'd also like to find somebody.”

## LOVE IS NO JOKE

Amanda is, uh, kind of tight-lipped about her personal affairs. Case in point: When we ask her about an ex, her demeanor undergoes a rapid transformation: She leans back and shifts away from us, turning her body so that her shoulder—it's definitely cold—points in our direction. Then her usually friendly eyes narrow.

“I'm not going to name names,” she says in a calm but firm voice, “because it's my private life.”

So we won't be getting *that* question answered. Amanda is no pushover, and she's obviously honest about the way she feels....We can dig that. Besides, she quickly reverts back to her charming self.

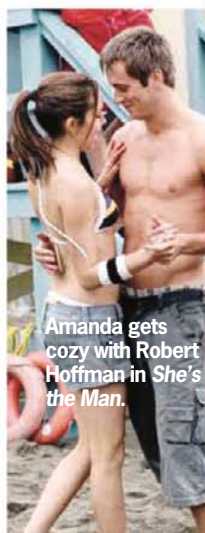
Instead of asking for specifics about her past, we wonder what she's searching for in the future. “I just want a person who can see me with all my flaws and still love me,” she explains. “I want someone who'll be there and who I can trust—that's really important to me.”

But being young, hot, and successful can make a trustworthy guy hard to find—especially in Hollywood, the sleazy-dude capital of the universe. “It can be hard to spot those people at first, but I'm not a fame whore, so I think fame whores aren't attracted to me,” she explains.

We can't help but mention that she did briefly date *The Hills* hanger-on—and Paris Hilton boy toy—Doug Reinhardt. He's a fame whore, isn't he? “You said it, not me,” she says, which makes us laugh.

We have one more love-detective trick up our sleeve: the psychic. Amanda is, ahem, psyched to learn what she has to say about guys. Apparently, there's a certain “friend” in Amanda's life. The psychic's take? He could be The One, but she should proceed with caution.

After we leave, we ask Amanda about the guy. We can't trick her into telling us who he is, but she does leave us with this: “I liked that she saw something changing with me when I'm 25. I'm ready to be partners with an awesome guy, so maybe it's marriage. But I'm not going to get married until I find the perfect person for me.” Our own psychic powers tell us she probably hasn't met him...yet.



Amanda gets cozy with Robert Hoffman in *She's the Man*.

## THE COSMO QUIZ

Name: Amanda ♥

Nickname: Bynesy ♥

The accomplishment I'm most proud of is:

- a. Hosting my own show when I was 13.
- b. Being on *Forbes* magazine's list of the highest paid celebrities under 21.
- c. Designing my own clothing line.
- d. Not going completely nuts like so many other child stars.
- e. Other Thankful for all of those things! Also, being a Cosmo cover girl!

The best way to get over a bad breakup is to

- vent to friends
- A lot! And to
- get over them as
- soon as possible!
- If you don't want me, I
- then I don't want you!!

The best part about dressing up like a guy in *She's the Man* was that:

- a. I didn't have to wear heels.
- b. No creepy dudes hit on me.
- c. There was no need to shave my legs.
- d. No one looked at me funny when I told dirty jokes.
- e. Other I got to go right back to being a girl!
- Didn't like dressing
- up like a guy at all!

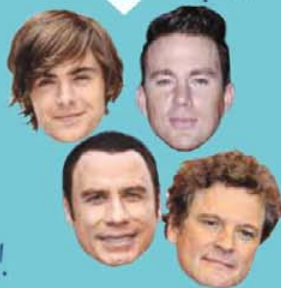
When I know I have to shoot scenes while wearing a bikini, I always feel excited!

I'm proud of my body!

My best energy-boosting trick is Diet Coke—although it's not good for you!

My favorite male costar has been:

- a. Zac Efron.
- b. Channing Tatum.
- c. John Travolta.
- d. Colin Firth.
- e. Other They were all lovely!!



In relationships, I usually:

- a. Wear the pants.
- b. Am the more emotional one.
- c. Make all the plans.
- d. Overanalyze everything.
- e. Other Hmmm... depends on the relationship, but I'm pretty low-key!

The three words I'd use to describe my fashion sense are fun, young, and ever changing!

The funniest word in the English language is

C Rumpet

The feature I get the most compliments on is my

my eyes

I can't resist a guy who:

- a. Can coax me out of a bad mood.
- b. Is too secure to get jealous.
- c. Never runs out of fun things to do.
- d. Makes my knees melt when we kiss.

e. Other calls me and texts me all the time I like a guy that likes 2 talk!!



New Orleans needs Reggie... but Kim's show shoots in L.A.



# Why Busy Couples Are Splitting Up

When Kim Kardashian first revealed she had split from Reggie Bush due to “conflicting schedules,” a lot of people rolled their eyes. Because, *really*: Could love be derailed by something as dull as timing issues?

Well, not completely derailed—Kim and Reggie seem to be giving it another go—but definitely put to the test. In a recent Cosmo poll, 72 percent of readers say the struggle to match up their schedule with their guy's has caused problems in their love life. “I'm seeing this more and more,” says relationship expert Terri Orbuch, PhD, author of *Five Simple Steps to Take Your Marriage From Good to Great*. “We're all working harder to keep our jobs, so we're busier, and



If they can do it, so can you.

relationships are suffering.” The good news is that you *can* fight back against the evil scheduling gods.

**SEXTING DOESN'T COUNT.** He goes to bed after you; you're at your desk before he wakes up—it's like you're in a meaningful relationship with your BlackBerry. Experts say there's no substitute for being in the same place at the same time. That's because most communication is nonverbal, says Les Parrott, PhD, coauthor of *Your Time-Starved Marriage*. When you're with your guy, you can see the tension in his body, even if he hasn't said a word about being stressed.

And while a little suggestive texting is hot as hell, you have to clock time together in bed to keep the spark alive. “Sex is so much more than what you do with your bodies,” says Laurie Mintz, PhD, author of *The Tired Woman's Guide to Passionate Sex*. “It's a whole connection that's vital to your relationship.” When you get that intimate time in bed, you're not only focusing solely on each other, but you're also getting a dose of that intense chemistry that brought you together in the first place.

**PICK MOMENTS THAT MATTER.** Just one special evening a week, plus several meet-ups here and there, can keep things percolating, says couples therapist Bethany Marshall, PhD, author of *Deal Breakers*. So, she advises, whip out your PDAs and plan dates during quality hours—times when neither of you will be exhausted or distracted—like lunch on Fridays, when your offices slow down, or on Sunday afternoons.

Another key component, says Marshall, is to sometimes go out with friends as a couple instead of holing up together whenever you score free time. It may sound counterintuitive, but it works to remind you of the other lovable parts of your guy (not just the romantic version) on a regular basis.

There will still be occasions when you freak about your juggling act, but if you start to feel resentful of having to work around his schedule, make it a point to think positively about the time you do have together instead of complaining about what you don't have, says Parrott. Remember the hidden perk: Being apart makes your couple time hotter because you want to make every second count.

—KORIN MILLER



SCARLETT JOHANSSON

The new fragrance  
**DOLCE & GABBANA**  
rose the one



AVAILABLE AT MACY'S



# Long or Short?

Which mane looks better on these gorge celebs: flowing locks or a cropped do? We asked 100 people on the street.

Ciara



Hayden Panettiere



Reese Witherspoon



Katie Holmes



(Left to right, from top) Duffy-Marie Arnault/WireImage; Jordan Strauss/WireImage; Jeff Vespa/WireImage; Larry Busacca/Getty Images; Kiyoshi Ota/Getty Images; Jason Merritt/Getty Images; Jeff Vespa/WireImage.



# PANTENE

PRO-V

Wish you could outshine dullness  
and get amazing healthy shine leading salon brands can't beat\*?

Pantene Ice Shine is an advanced pro-vitamin system that starts at the core and helps polish strand by strand for 2x the shine.\*\* And if you're not satisfied we'll actually switch you back to your old product, even if it's a salon brand.\*\*\* That's how confident we are. Check out Pantene.com for details.

HEALTHY MAKES IT HAPPEN

©2009 P&G. \*Shampoo and conditioner system vs. leading salon brand systems based on 2007 Kline report of sales data.  
\*\*Shampoo, conditioner and hairspray vs. non-conditioning shampoo.  
\*\*\*Call 1-866-292-7056 for details. Refund offer applies to pictured Pantene products and 1 replacement shampoo, conditioner or styler of choice up to \$20. Original receipts for Pantene and replacement product required within 30 days of purchase. Offer void in Maine. Offer available 11/29/09-5/1/10. Limit 1 per household.





# YES & KNOW

## THE Science BEHIND SEXY HAIR

Don't think there's a science to getting him to notice you? Think again. And discover the thinking behind some of today's savvy solutions. **Pantene Senior Scientist Jeni Thomas, Ph.D.**, helps you say "yes" to the healthy locks you long for in the New Year by putting you "in the know" about **Pantene's** amazing AND affordable **Pro-V®** strand-penetrating shampoo and conditioner systems. Plus, **celebrity hairstylist Hallie Bowman** shares easy get-noticed strategies. Opening his eyes more and your wallet less? You'll have it down to a science.

## A Break from Breakage

### DID YOU KNOW?

"Frayed, split ends occur when your hair loses its protective outer layer, exposing the fragile inside," explains Dr. Thomas. Thankfully, the **Pantene® Pro-V® Restoratives Breakage Defense Shampoo and Conditioner** system targets the weak spots to strengthen hair against damage like this while preventing flyaways. And it helps guard brittle hair to get breakage under control.



## From Frizz to Fab

### DID YOU KNOW?

The key to taming frizz is simple, says Dr. Thomas—"a smooth hair surface that can stand up to attacks from humidity." **Pantene® Pro-V® Smooth Shampoo and Conditioner** gently cleanse while aligning strands for incredible softness and shine. And the advanced conditioner actually lubricates the hair surface to keep in "good" moisture while blocking the humidity that is frizz's best friend.



### HALLIE'S EXPERT TIP:

Get the look with the right brush—paddle brushes for straightening, round brushes for volume.



"Pantene helps you mimic what's missing from your hair shaft. It can help fill in the cracks...and help prevent future damage."

—Jeni Thomas, Ph.D.

**65%**  
of subscribers  
surveyed agree—

**I've tried different  
salon brands, but I go  
back to Pantene.\*\***

**HALLIE'S EXPERT TIP:**

Need a quick fix? Changing your part can add height and reinvigorate a staid cut.



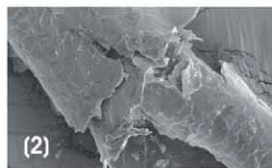
**Shine of  
the Times**

**DID YOU KNOW?**

"When it comes to shine, hair is like ice," notes Dr. Thomas. Light needs to reflect off a pure, smooth surface and penetrate inside the fiber to reflect from within. **Pantene® Pro-V® Ice Shine Shampoo, Conditioner and Hairspray** polish hair's surface to allow light to penetrate and enhance hair's natural reflectivity; AND they help hair fibers lie smoothly next to one another to create a smooth, glossy surface that delivers 2X the shine in just one use.\* After all, you're not dull—why should your hair be?

**The Why, What & Wow of Healthy Hair**

Healthy hair (1) has smooth, flat cuticles. Too much styling can damage the hair's cuticle (2); a porous cuticle (3) can lead to frizz and dryness. Pantene offers pro-vitamin shampoo and conditioner systems that work to help protect against damage for beautiful, healthy hair.



**Pantene is so confident you'll love the results** that if you're not satisfied, they'll switch you back to your old shampoo or conditioner—even a salon brand!\*\*\* For more information, visit [pantene.com](http://pantene.com).

\*Pantene shampoo, conditioner and hairspray vs. non-conditioning shampoo.

\*\*Survey results among the 485 qualified *Cosmopolitan*, *Good Housekeeping*, *Harper's Bazaar*, *Marie Claire* and *Redbook* opt-in subscribers who currently use a Pantene shampoo and conditioner system, and have also used a leading salon brand shampoo and conditioner system within the last 12 months. Claim statements are based on agreement by a majority of the qualified respondents.

\*\*\*Call 1-866-797-7056 for details. Refund applies to pictured Pantene products and 1 replacement shampoo, conditioner or styler of choice up to \$20. Original receipts for Pantene and replacement product required within 30 days of purchase. Offer void in Maine. Offer available 11/29/09–5/1/10. Limit 1 per household.





# Not a Love Home Run—Yet

▶ Alex Rodriguez and Kate Hudson are everywhere...but our body-language expert says Kate isn't as smitten as she seems.



## Love Disconnect

On the surface, they look like one big, happy family, but the couple displays subtle signs the bond may not be strong. There's a gap between them, and while A-Rod gazes directly at Kate, she appears distracted and looks in the opposite direction.



## Talk to the Hand

Kate pulls her son to her—a subconscious signal she isn't ready to merge worlds.



## Unsmooth Smooch

Kate's upper body is tense, and she leans her neck away, showing she's not completely comfortable.



## She Craves (a Lot of) Space

No couple walks side by side 24/7, but a whole sidewalk's distance is unusual and suggests they aren't in sync.

(Top to bottom, from left) Tom Locks/splashnews.com; Juan Guarces/splashnews.com; courtesy of Lillian Glass; Mark Edwards/splashnews.com; New York Daily News/Getty Images.



## B I P O L A R   D I S O R D E R ?

### GETTING HELP MANAGING MY SYMPTOMS WAS A WAY TO MOVE FORWARD.

#### Maybe ABILIFY can help you.

ABILIFY (aripiprazole) is clinically proven to help control the symptoms of manic and mixed episodes of Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age. It is one of many treatment options.

Hundreds of thousands of adult patients have been prescribed ABILIFY. Ask your healthcare professional if once-a-day ABILIFY is right for you.



**ABILIFY**  
(aripiprazole)  
2, 5, 10, 15, 20, 30 mg Tablets

### FOR THE ROAD AHEAD

[www.abilifyinfo.com](http://www.abilifyinfo.com)

#### IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (for example, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Alert your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called neuroleptic malignant syndrome (NMS)
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of tardive dyskinesia (TD), which could become permanent
- If you have diabetes or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- Other risks may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

Most common side effects (≥10%) from all clinical trials involving adults or pediatric patients include:

- **ADULTS:** Nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness
- **PEDIATRIC PATIENTS (10 to 17 years):** Extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), headache, sleepiness, and nausea

Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please read the Important Product Information about ABILIFY on the adjacent page.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to [www.pparx.org](http://www.pparx.org)



Partnership for  
Prescription Assistance





## IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

### Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-ri-PIP-ra-zoll)

### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used alone or with lithium or divalproex to treat manic or mixed episodes of Bipolar I Disorder in adults or pediatric patients (10 to 17 years).

### What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

### Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

### What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

**Stroke or ministroke in elderly patients with dementia:** An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

**Neuroleptic malignant syndrome (NMS):** Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

**Tardive dyskinesia (TD):** Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

**High blood sugar and diabetes:** Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

**Orthostatic hypotension:** Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

**Leukopenia, Neutropenia, and Agranulocytosis:** Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

**Suicidal thoughts:** If you have suicidal thoughts, you should tell your healthcare professional right away.

**Dysphagia:** Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

### What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

### Be sure to tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or over-the-counter medicines, vitamins, or herbal products
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

### What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

### What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. Common side effects in pediatric patients (10 to 17 years) include: extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), headache, sleepiness, and nausea.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit [www.abilify.com](http://www.abilify.com). Talk to your healthcare professional if you have questions or develop any side effects.

### What percentage of people stopped taking ABILIFY (aripiprazole) due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 11% and 9% for patients treated with sugar pill.

In clinical trials, the percentage of pediatric patients (10 to 17 years) who discontinued taking ABILIFY due to side effects was 7% and 2% for patients treated with sugar pill.

### Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines\* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

### How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

### General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMELT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

### Find out more about ABILIFY:

Additional information can be found at [www.abilify.com/bipolarlorder](http://www.abilify.com/bipolarlorder)

\* NIZORAL is a registered trademark of Janssen Pharmaceutica, QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 07/09 1239550A5.

Bristol-Myers Squibb Otsuka otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

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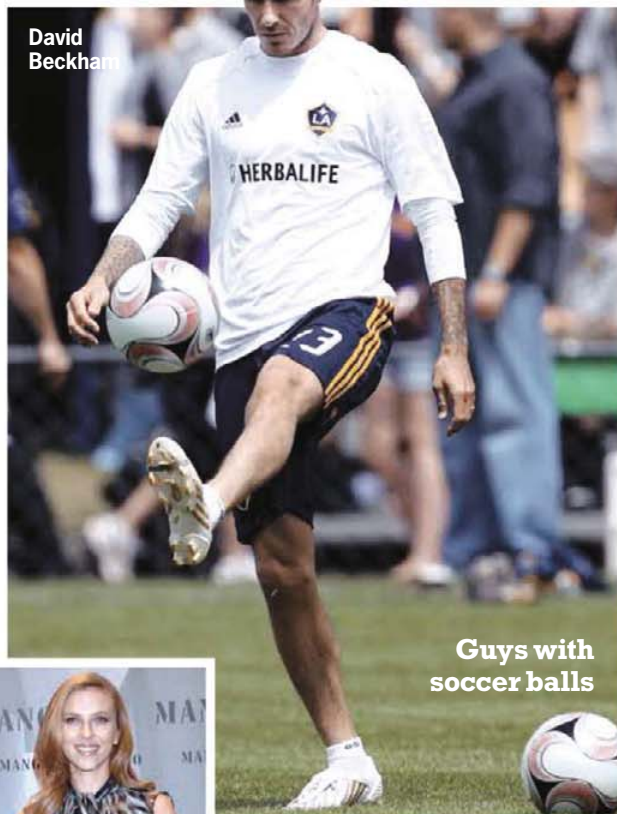
U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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570US08CBS01903 0309L-2320 D6-80001D-07-09-BD July 2009



# sexy vs. skanky



David Beckham

Guys with soccer balls



Mary Carey

Soccer-ball cleavage



Scarlett Johansson

◀ A simple animal-print top

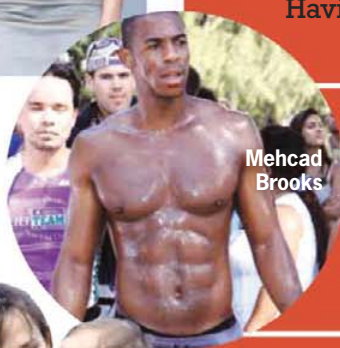
Loud animal-print ▶  
booty shorts



Daisy Lowe

Having a pet name for your guy

Treating your guy like a pet



Mehcad Brooks

◀ A six-pack

Nikki Sixx ▶



Crocheted  
panties

Crotchless  
panties

Pulling a prank on friends

Pulling a prank on America, à la Balloon Boy



Jennifer Garner

◀ Holding your baby

Holding a man like he's a baby ▶



Holly Madison



# confessions

*Cosmo readers share their most shocking stories and steamiest secrets.*

## Bag Lady

"I hosted a party at my place and realized afterward that one of my friends had left her purse behind. Every time I asked her when she was going to come pick it up from me, she said she would stop by when she got a chance. After a couple of months of this, I was trying to decide which purse of mine to wear with an outfit when I noticed that my friend's bag would be the perfect choice. After that, I started carrying it as my own whenever I felt like it. It got to the point where I didn't even think twice about wearing it...until one day, when I saw my friend at the store. I said *hi*, and the first thing out of her mouth was 'That's my purse!' She was so mad at me for 'stealing' it from her that I had to take her shopping for a new one to get her to forgive me!" —Ellen, 19

## Booty Camp

"My boyfriend's family goes camping every weekend, and his brother told us we could sleep together in the tent he'd set up about 20 feet away from the bonfire. After a few drinks, we were feeling pretty frisky and decided to 'go to bed early.'

WILD THINGS

About 10 minutes into the festivities, my boyfriend's mom suddenly ripped open our tent door, and in front of the entire family, demanded to know why the tent kept rocking back and forth. I wasn't invited on any more family camping trips after that night." —Amy, 21

## Woman Seeking Revenge

"After dating a new guy for about a month, I wondered why he hadn't friended me on Facebook—even though I'd hinted that I wanted him to several times. I found out why when a mutual friend showed me his profile. After each date we'd been on, he had updated his status with complete lies about the 'piece of ass' he'd just gotten from me! He even included a lot of graphic details about what I supposedly looked like naked. Furious, I copied his picture from his profile and posted it under the Men Seeking Men section of Craigslist. I listed all his contact information, including his work phone number and his unlisted home number, on the posting. I almost wish I'd continued talking to him just so I could have seen his reaction to the calls!" —Marie, 22



## Dick Move

"I was really into this guy at work, and he finally asked for my number. I was so excited when he texted me to ask me out, and our conversation was going perfectly. While I was texting him, I was also texting my roommate about how thrilled I was. She kept joking around, sending me fake dirty messages that I should send to him. I typed an especially bad one to send her...but I accidentally sent it to him midconversation! I was mortified when I realized, moments too late, that I had sent my crush a penis emoticon by mistake." —Julie, 21

## Power Trip

"I had always refused to buy cuffed pants because I am clumsy and knew I would trip and fall in them. Then I saw this adorable pair that was specially sewn at the top so that not even a klutz like me could hurt herself. I had to buy them! I took them to get hemmed, but when I got them back, they were open-topped, like every other pair I'd seen. I couldn't return them, so I decided to wear them even though I'd always been worried that the style would trip me up.

"The next Friday, I wore them to work and was looking pretty darn good, if I do say so myself. As I was leaving, I decided to walk by a group of upper management to show that I'd stayed late on a Friday night. I strolled by, said *good night* to everyone, and then, in front of two vice presidents and the three highest managers at my company, caught my heel in my cuff and fell flat on my face." —Haley, 26

—REPORTED BY ROBIN HILMANTEL

## Damage Control



"Play it off, but in a funny way. Send a follow-up text that says, 'Oh, I meant to send that message to my friend—she's such a perv!' He probably does similar things with his buddies, so he should understand. If he doesn't share your sense of humor, move on." —Jared, 35

COSMOPOLITAN.COM/CONFESS Have a juicy confession? Log on to tell us the dirty details.



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naturally radiant finish  
lasts all day long

antioxidant-enriched formula

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**ALMAY**  
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H Y P O A L L E R G E N I C

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# confessions

*Men admit to their dirtiest deeds and most shameless scams ever.*

## The Breakup Artist

"I went on a few dates with this one girl, but I decided pretty quickly that I wasn't into her. I cut off all communication, hoping she'd get the hint, but she kept calling and texting me all the time. I didn't know how to get rid of the chick! Finally, I had an idea. I created an e-mail account using my mom's name, and then 'my mom' sent the woman an e-mail explaining that I wouldn't be able to talk to her anymore because I'd had a mental breakdown and was now being institutionalized. I had to convince the girl I was insane, but it worked!" —Larry, 31

## In Hot Water

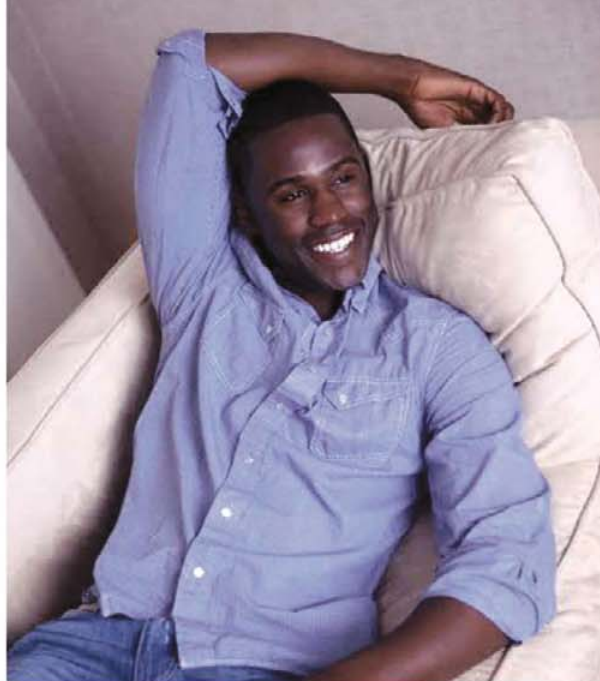
"I was staying with my girlfriend and her family at their vacation house when her parents left to go to a friend's party. Excited to finally get some alone time, my girl and I decided to take a shower together. The second we stepped in, things started getting wet and wild. We were so into it, we didn't even stop to pull the shower curtain closed.

"My girlfriend was moaning so loudly, and I was almost finished when we heard heavy banging on the door! Her mom stormed in, yelling about how she had come back because she'd forgotten something, only to find the kitchen ceiling dripping with water. Because of our carelessness in the heat of the moment, we had flooded the bathroom to the point where it had leaked through to the first floor. Not only was it humiliating, but we also caused some major damage!" —Barry, 25

ALL  
STEAMED  
UP

## Road Hog

"I was on a road trip with a few of my friends, and we stopped to get some gas. While we were at the convenience store, I decided to go inside and grab a snack. There was this crazy-hot girl inside, so when I came out, I got in my friend's car and started talking about how they had to check out the 'totally screwable chick' who'd be coming out any second. When they didn't say anything, I turned around...and saw a family I'd never seen before. Their car looked exactly the same as my friend's! I ran out, too embarrassed to even get out an apology, and made sure my friends were inside before I got into their car." —Leon, 19



## iSpy

"My long-distance girlfriend and I decided to videotape ourselves getting busy when we were together one night so I could watch it after she left. Too bad I didn't realize that my college's network shares each iTunes library with everyone else who goes there. Within a few days, several people we knew had watched the video! Not only that, but I didn't want to tell my girlfriend, so I kept putting it off. She ended up finding out about the fiasco six months later, when a random acquaintance approached her at a bar and told her everyone at my school had seen my penis—and her naked breasts—first-hand." —Bryce, 21

## Bad Vibrations

"A previous girlfriend begged me to go to a sex-toy store with her. I was hesitant to go, but finally, I caved. We were going to buy a vibrator there because she said it would be a huge turn-on. We spent a long time looking for just the right one, and because I had offered to pay, my girlfriend let me make the final decision. Then, when we got to the checkout counter, the cashier looked at the one I'd picked out and announced—very loudly—that we were crazy to go for that model. He led my girl back to the vibrators to find a better one. Thanks to the oh-so-helpful cashier, I felt like everyone in the store thought that I had trouble pleasing my girlfriend without a device...and that I was also incompetent when it came to choosing the right one." —Trey, 22

## Whatta Chick!

"I'd been working on an important presentation for months, and it was finally the big day. My iPod was broken, so my girlfriend let me take her iPhone to

## Hot-Guy Bloopers



"I was on a date at an expensive restaurant with a girl I was really into. We were talking and having a great time. But when I went to the bathroom at the end of the night, I saw a big poppy seed between my front teeth. It must have been stuck there the whole time!"

—Steve, 25



# "I told her I had to run to my car to get my phone, but then I just drove off and left her stranded."

the office so that I could listen to music to pump me up. As I walked in, I switched to a playlist called 'New,' not knowing what was on it. The first song was one from *The Hills* by the Pussycat Dolls. I pulled out my earbuds since I hated the song, but then I must have accidentally hit the play touch button on the screen. The iPhone started blasting the ultragirlie song out loud, and everybody in the room immediately cracked up. I tried to explain, but it just seemed like I was making up a story to cover for the fact that I secretly liked the song. So much for getting pumped up before the big presentation." —Kellan, 22

## Hall of Flame

"One Saturday morning while I was still in college, all my roommates were complaining about how hungry they were. Since I was working as a chef, they expected me to make them something. I turned on the stove and put some oil in a pan, then walked back into the living room to continue watching TV. After a while, one of my roommates said, 'Do you smell something burning?' When I ran back into the kitchen, there were these huge flames coming out of the pan—they were so high, they almost touched the ceiling!

"I grabbed the pan, ran out the back door, and instinctively threw it on the ground. But when it landed in the grass, that caught fire too! I ran back inside to find something to put out the fire but realized the kitchen was still in flames! My roommates just sat in the living room in stunned silence. After a lot of running back and forth with glasses of water, I finally got both blazes out...but not before the fire department showed up. Explaining how stupid I'd been throughout the whole process was the most humiliating part." —Ralph, 35

## She Was Pissed

"My sister wanted to set me up with one of her friends from work. I'm not generally a fan of blind dates, but she was really bugging me about it, so I finally said yes. Her friend and I agreed to meet at a small Italian place I'd never been to before. I arrived early, and while I was waiting, I decided to go to the bathroom. But when I got there, I couldn't tell which door to go in—everything was written in Italian. I took my chances and walked in on a woman who was in the middle of doing her business.

"Before I could even say sorry, she called me a perv and yelled at me to get out. I walked back to my table in shame. Shortly afterward, my date came over...and I realized she was the woman I had just barged in on! We both decided to call it a night and tell my sister we weren't a good match."

—Blake, 28

## Shop 'n' Blow

"When I found out my girlfriend of a year was cheating on me, I was outraged. But I came up with a plan to get her back. For months, she'd been begging me to take her to her favorite mall, which was a 40-minute drive away, and for months, I'd refused—that is, until I called her up and volunteered to take us there. While at the mall, she went into the dressing room of one store. I told her I had to run to the car since I'd forgotten my phone but that I'd be back before she was done trying on her dress. When I got to the car, I just drove home. My now-ex called me non-stop for the next hour and left me a couple of nasty voice mails. I think she figured out that I wanted to end things."

—Matt, 26

—REPORTED BY ROBIN HILMANTEL

COSMOPOLITAN.COM/CONFESS

Have a juicy confession? Log on to tell us the details.

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*Customized*  
*Girl.com*





## Whip Off His Belt

Show him who's in charge with a flick of your wrist. Instead of just unbuckling his belt, grab the buckle and pull it fiercely from the loops. Then add a little flourish by snapping it like a whip before tossing it aside. "Guys often feel like they have to take control and initiate sex, and it can be a lot of pressure," says Ian Kerner, PhD, author of *She Comes First*. "So when a woman takes charge and gets slightly aggressive, it's instantly arousing."

# THE SEXIEST WAY TO STRIP HIM DOWN

These hands-on tips help you get your man just how you like him: buck naked and horny as hell.

By Bethany Heitman

Photographs by Emmet Malmström



## Tease Him With His Tee

Bet you didn't know his plain old tee shirt could be turned into something sexy to bind him with. Read and learn: Without letting him take his arms out of the shirt, grab the bottom of the front of his tee, pull it over his head, and slide it halfway down his arms (so they are behind him). That way, his chest and face are exposed, and his arms (still in the shirt) are stretched behind his back. "Before removing anything else, trail kisses from his neck to his lower stomach," says Candida Royale, author of *How to Tell a Naked Man What to Do*. "With this move, you force him to do nothing but enjoy the sensations."

## Sneakily Slide Off His Pants

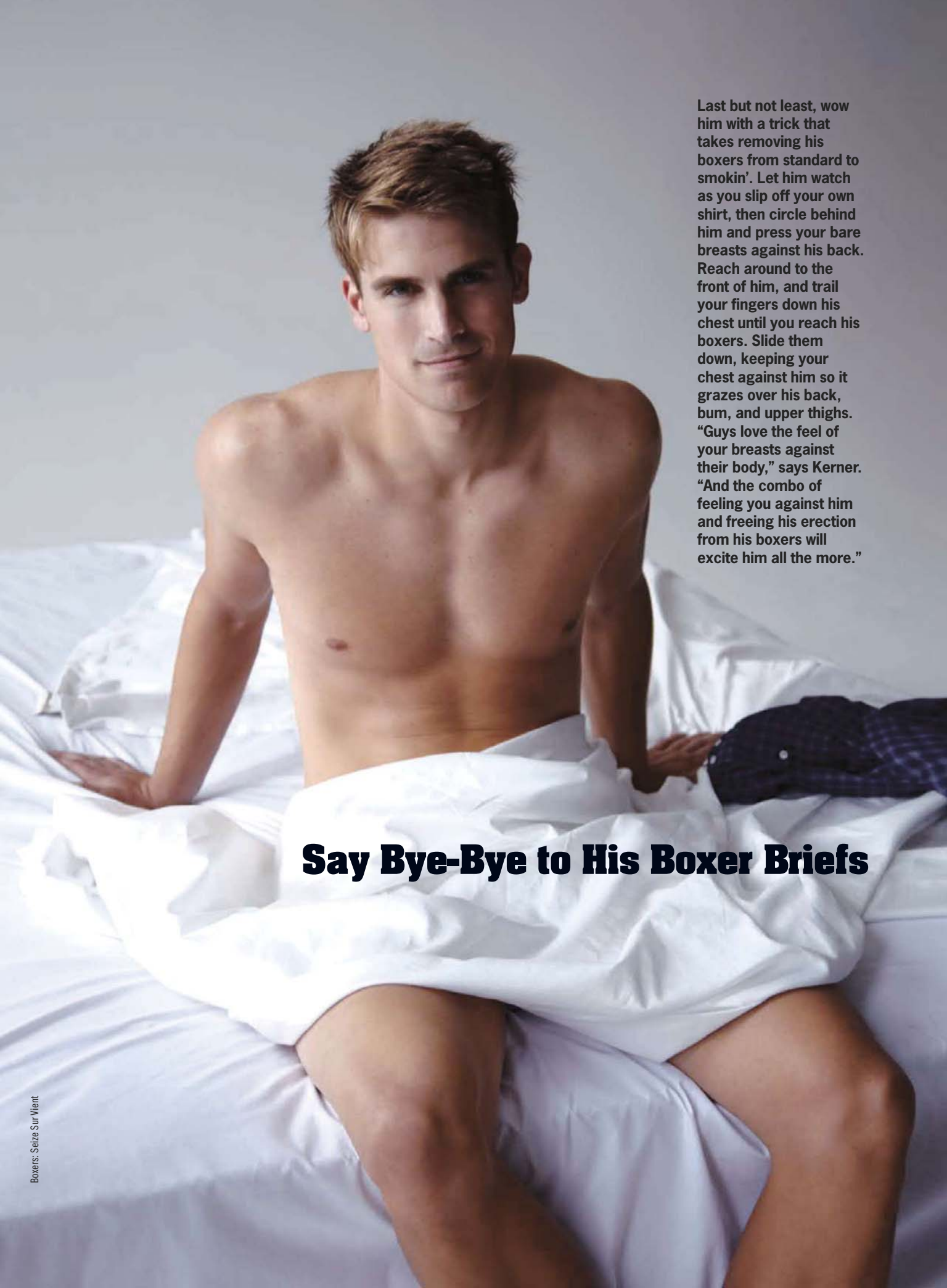


Grab your shirtless man by the back of the neck, pull him down onto the bed with you, and treat him to a kiss with lots of tongue. As you're making out, slyly unbutton his pants, and push them down as far as you can with your hands. Then bend one

leg, hook your foot over his waistband, and slide your leg down his lower body, dragging his pants down with it. "He'll be so distracted with the passionate kiss that he won't even realize what you've done," says Royale. "When you pull back and he realizes he's almost naked, he'll be completely taken aback by your skills and think of you as a total sex goddess."

Boxers: Seize SurVient; jeans: Earnest Sewn.



A shirtless man with short, light brown hair is sitting on a bed covered with white sheets. He is looking directly at the camera with a slight smile. His hands are resting on the sheets on either side of his legs. A dark-colored shirt is visible on the bed to his right.

Last but not least, wow him with a trick that takes removing his boxers from standard to smokin'. Let him watch as you slip off your own shirt, then circle behind him and press your bare breasts against his back. Reach around to the front of him, and trail your fingers down his chest until you reach his boxers. Slide them down, keeping your chest against him so it grazes over his back, bum, and upper thighs. "Guys love the feel of your breasts against their body," says Kerner. "And the combo of feeling you against him and freeing his erection from his boxers will excite him all the more."

## **Say Bye-Bye to His Boxer Briefs**

# The Guy Report



"Honey, I better not see this photo on Facebook in a few hours."

## WHY HE KEEPS HIS RELATIONSHIP PRIVATE

He hates PDA and won't post cutesy photos of you two on Facebook. But he's not hiding you—it's a guy thing. While dudes typically have no problem being open about sex, they dislike putting the mushier aspects of their relationships on display. "Guys think that to be successful, we must appear strong," says Allen Berger, PhD, author of *Love Secrets Revealed*. "That means we don't share things, like visual proof that we cuddle." So he doesn't think you're unflauntable....He just wants you to himself.

## DUMB ADVICE HE'S GETTING

**"There's nothing worse than staring at a girl's chest. You should use your skills *not* to look—she'll wonder why her womanly powers don't work, and she'll subconsciously try to get you to look."** —mendingmanual.com

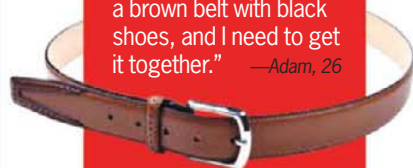
Conventional wisdom says that a woman should ask a date questions to draw him out instead of talking about herself. Well, science now says screw that. A recent study shows that guys dig chicks who use the word *I* often. Of course you don't want to monopolize the conversation, but telling personal stories and referring to yourself can go a long way.

## The Word That Hooks Him

## His Secret Resolutions

You don't really think of guys as having self-bettering New Year's goals, but turns out, they do. They're just too embarrassed to talk about them. We found out a few.

"I want to accessorize better. I always have on mismatched socks or a brown belt with black shoes, and I need to get it together." —Adam, 26



"I'm going to overcome my addiction to Bravo reality shows. My girlfriend got me hooked, and it's a sad day when I turn down happy hour to catch the latest *Real Housewives* episode."

—Kevin, 30

"I'm pretty sure I have a good singing voice, but my only proof is that I was once given a solo in my middle-school musical. I've contemplated trying out for *American Idol* for a few years, and I've never had the nerve to do it. But since the economy has me stuck at a job I hate, I've decided this is the year I'll go after my rock-star dream."

—Patrick, 28

"To get a girlfriend. I talk a big game about how much I love being single and hooking up with random girls, but the truth is, I want a girlfriend. I've just been striking out."

—James, 24





HIS SIDE

# How a Guy Gets Over a Breakup

There's a reason why we all think men are immune to the post-relationship slump—they are really, really good at hiding it.

BY JOHN DEVORE

▶ What happens to a guy after a breakup depends on who did the breaking up. If he did it, he's sad for one-billionth of a nanosecond before he starts daydreaming about the new chicks he's going to hook up with.

If he's the one who got run over by the dump truck, however, his post-breakup behavior is far different. Yes, psycho guys do psycho things. But normal dudes saddened by the end of a relationship focus on fighting that soul-crushing feeling—figuratively and literally.

## Fighting Back Tears

Some men like to say they never cry. Well, here's the truth: We never let anyone see us crying. I was very in love with Jill (I've changed names here to protect the guilty). How in love? Our song was Beyoncé's "Crazy in Love," because we were so crazy in love. (Shut up, it was adorable at the time.)

After she broke up with me, I was explaining this to a friend at a bar when I had to grit my teeth and

excuse myself. After I got home, I pulled the curtains shut and blared a heavy-metal album. Then I cried. It made me feel better, but only because I knew that my hot, manly, motor-oil tears were witnessed by no one.

## Fighting Inanimate Objects

Guys often try to work through the pain of a broken heart by replacing it with the much more easily endured pain of bloody knuckles. I once had a meathead roommate who, after being ditched by a Keira Knightley look-alike, continually—and noisily—wailed on a punching bag he'd put up in our apartment.

I have the soft hands of a writer, so I recovered from one particularly nasty breakup by living inside the game *Grand Theft Auto IV* for three weeks. I crashed cars and shot anyone who looked at me funny. Weird? Maybe. But it helped me vent chaotic emotions that I didn't know how to process any other way.

## Fighting to Win Her Back

When a guy realizes he's let something special slip through his fingers—it generally happens the first Friday night he has no plans—he tries to fix it. He fails to see, however, that relationships aren't broken door hinges.

When Nicole dumped me, I was initially proud that I'd taken the news

stoically, like a ninja. But then, after a couple of beers on my first lonely night, it dawned on me that I hadn't put up enough of a fight. After a few more beers, I drunk-dialed her. I begged, I rationalized, I promised to fix the things that were wrong with me and with us—even though I couldn't really tell her what those things were.

When it became clear she wasn't going to take me back, I told her I had one more question. Her response? No, she would *not* sleep with me one last time. I was far from over her, but her rejection finally got me thinking about the new chicks I was going to hook up with. ■

"I will not cry.  
I will not cry.  
I will not..."



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# fun fearless fashion

**Extrawide Belt**  
Forever 21, \$9.80,  
[forever21.com](http://forever21.com)

**Cutout Platform Pumps**  
Martinez Valero,  
\$155 per pair,  
[zappos.com](http://zappos.com)

**Open-Back Frock**  
Johnny Martin,  
\$49, [macys.com](http://macys.com)

**Textured Bandeau Dress**  
Wet Seal, \$16.50,  
[wetseal.com](http://wetseal.com)

## Color-Block Party

Which styles will rule 2010? Megawatt hues worn side by side. You know you want some!

**Two-Tone Top**  
Club Monaco, \$69,  
[clubmonaco.com](http://clubmonaco.com)

**Zebra-Striped Banded Skirt**  
Express, \$59.50,  
[express.com](http://express.com)

**Graphic Patent-Leather Clutch**  
Lisa Perry, \$150,  
[lisaperrystyle.com](http://lisaperrystyle.com)

# What's In, What's Out

If your budget is tighter than a bandage skirt, you can't replace everything you own. So we highlighted the eight crucial swaps you need to make now.



Vanessa Hudgens

IN	OUT
<b>Rock'n'Roll Jewelry</b> Pile on megabig pendants in iconic shapes like crosses and skulls.	<b>Dainty Jewelry</b> <i>Simple and understated just doesn't do your fierce attitude justice.</i>




Zoe Saldana

IN	OUT
<b>Boyfriend Jeans</b> Roll up relaxed denim so it hits right below your knees.	<b>Boot-Cut Jeans</b> In a tragic turn of events, this once red-hot style has landed on the ice-cold list.




Kim Kardashian

IN	OUT
<b>Black Leggings</b> Pair them with a long, loose top that covers your butt and sexy sky-high heels.	<b>Black Wide-Leg Pants</b> Roomy trousers conceal curves—no fun! Flaunt your lady lumps in a skinnier cut.




Hilary Duff

IN	OUT
<b>Bandage Skirts</b> Slip this on with a fitted top and belt it at the waist to make any date sweat lusty bullets.	<b>Full Skirts</b> The pouf has passed its expiration date. Stash it away until the fashion gods declare it hip again.





### Small Day Bags

Pick one with a long strap so you can sling it over your shoulder.



Lauren Conrad



Victoria Beckham

**IN**

**OUT**

### Overize Day Bags

Yes, we loved all that extra space too...but seriously, the backache isn't worth it!



Pulse, \$49.99, pulsestl.com



Sienna Miller

**IN**

### Long, Slouchy Tees

Loose tops in sheer cotton make great layering pieces.

**OUT**

### Short, Fitted Tees

Boxy is not foxy. Next, please!



Christina Ricci



Vanessa Minnillo

**IN**

**OUT**

### Floor-Length Jumpsuits

Two rules: (1) The fit has to be flowy, not balloonlike. (2) It should cut at the waist (versus empire-style).



Eva Longoria Parker

### Floor-Length Dresses

Men everywhere are celebrating the extinction of the full-coverage maxi dress.

### Motorcycle Boots

We're loving ferocious details like buckles and zippers.



Rihanna

**IN**

**OUT**

### Ladylike Boots

Prissy pointy toes and kitten heels just got their asses kicked.



Aldo, \$140, aldoshoes.com





fun fearless fashion

# The \$300 Wardrobe

Score a closet's worth of clothes, minus the credit-card hangover! These sweet steals look luxe and can be combined to create a whole bunch of outfits.



**\$69.50**  
Cardigan, Express,  
[express.com](http://express.com)

**\$24.99**  
Blouse, Rodarte for Target,  
[target.com](http://target.com)

**\$69**

Skirt, DKNY Jeans,  
800-777-4524



**\$14**

Bracelet, Fred Flare,  
[fredflare.com](http://fredflare.com)



**\$14**

Corduroys, Op,  
[walmart.com](http://walmart.com)

**\$52**

Dress, LuLu's,  
[lulus.com](http://lulus.com)

**\$29.50**

Shoes, Old Navy,  
800-OLDNAVY



**\$30**

Bag, Mark,  
[meetmark.com](http://meetmark.com)



JUMP FROM PAGE  
TO PAGE LIKE A  
CAFFEINATED CRICKET  
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HUNGRY LIZARDS.

Mobile browsing. Two words  
that have enjoyed an uneasy  
co-existence. Until now.  
Because with Droid's bullet-train  
speed and Verizon's massive  
network, you've got yourself  
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that rivals grease-  
dipped lightning.



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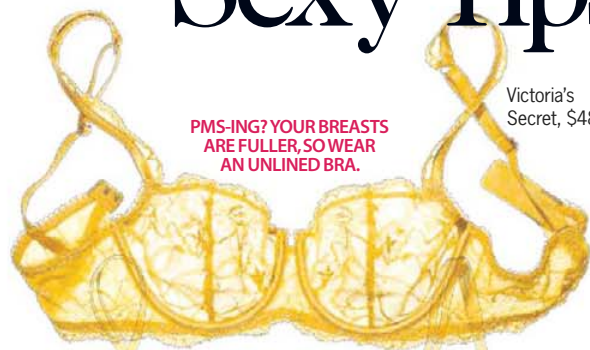
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**DROID DOES**

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# Sexy Tips From Victoria's



**PMS-ING? YOUR BREASTS ARE FULLER, SO WEAR AN UNLINED BRA.**

Victoria's Secret, \$48

**Q: I am athletic and feel silly in lingerie covered with lace and frills. What's a sexy but simple look I can try?**

**A:** Nothing is sexier than a pair of boy-cut hipsters with a tee shirt or tank top. They flatter every figure, and guys love this innocent, low-maintenance look.



Victoria's Secret, \$7.50



**SIDE SUPPORT ADDS EXTRA LIFT THE REST OF THE MONTH.**

Very Sexy Goes PINK, \$44.50

## What You Asked... MARISA MILLER

**Q: Some bras make me look like I have "double boobs." The cups squeeze my skin, creating a bump. What's up with that?**

**A:** That can happen to me when I'm wearing the wrong size—you might need to go up a cup. I actually have two different bra sizes, depending on the time of the month.



VS PINK, \$34.50

**Q: What can I do to stop my bras from getting stretched out?**

**A:** Treat them like the delicate things they are: Hand-wash them, and lay them flat in your drawer. Don't fold or squish the cups—they can lose their shape.



## What You Asked... ROSIE HUNTINGTON-WHITELEY

Victoria's Secret, \$49.50



HALTER

VS PINK, \$32.50



ONE-STRAP

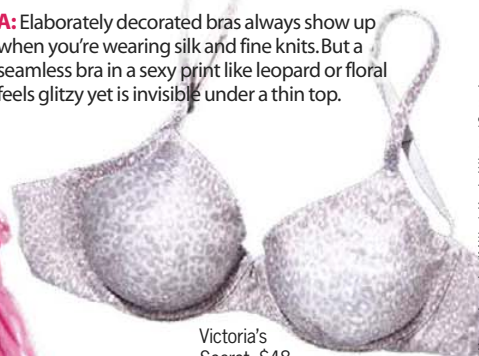
CROSS-BACK

**Q: I'm on a budget and looking for one bra that will work well with a variety of differently cut tops. Any suggestions?**

**A:** I love the Biofit 7-Way Bra. You can switch around the straps so you can wear it under anything, from a racer-back tank to a one-shoulder top to a strapless dress.

**Q: I love embellished bras, but they look bumpy under slinky tops. Is there a fancy bra that's still sleek?**

**A:** Elaborately decorated bras always show up when you're wearing silk and fine knits. But a seamless bra in a sexy print like leopard or floral feels glitzy yet is invisible under a thin top.



Victoria's Secret, \$48

**Q: My guy and I are taking a trip together, and I want to surprise him by wearing some lingerie that will really turn him on. What would you recommend?**

**A:** Guys love cute and girly—get pink, white, or sky blue lingerie. Or you could wear his favorite team's colors!



See page 182 for shopping information.

COSMOPOLITAN.COM

JESUS AVILA / STUDIO D. Fashion editor and stylist: Karen Larrain. (Miller) Kevin Winter/Getty Images. (Huntington-Whiteley) Rex USA. (T-shirt and blouse) KEVIN SWEENEY/STUDIO D.



# Secret Models

Have a lingerie dilemma? Don't get your panties in a twist! We recruited VS Angels to answer your top questions about feeling amazing while nearly naked.



Bra, \$58, and pantie, \$30, Victoria's Secret



Victoria's Secret, \$16

**Q: I never feel attractive in nude lingerie—I think it makes me look like a store mannequin! Is there a sexy flesh-tone option?**

**A:** Absolutely. A nude bra-and-underwear set that has a lot of feminine lace can be very sexy.

**Q: Some padded bras appear so fake. What's the trick to finding one that looks real?**

**A:** It's all about proper fit. With the right size, the lift is evenly proportioned and doesn't make it look like your breasts are propped up on a shelf.

## 3 BRA-FIT TIPS

1. Make sure there's no slack in the cups. If your breasts don't fill them, go down a cup size.

2. The bridge of the bra should lie flat against your skin. A gap means it's too small.

3. The band should be snug enough that you can only fit two fingers underneath.

Victoria's Secret, \$48



What You Asked...  
**MIRANDA KERR**

**Q: I have really big boobs, and it's hard for me to find bras that aren't matronly. Is there a bra that's supersupportive yet sexy?**

**A:** A full-coverage bra can definitely be sexy if you find one with pretty details, like lace trim or ribbons. Embellishments will make the whole bra feel more delicate.



Victoria's Secret, \$16



Victoria's Secret, \$48

**Q: How can I feel confident walking around in front of my guy in just undies?**

**A:** Don't be self-critical or make the mistake of staring in a mirror with overhead lighting—ugh! A pair of sexy, well-fitting underwear makes a big difference. The right size won't create bulges, so you'll have a smooth, gorgeous silhouette.



Victoria's Secret, \$48

**Q: What's your best secret for getting great head-turning cleavage?**

**A:** My favorite tip is to bend forward at the waist when you're fastening your bra. You'll ensure that your boobs are fully in the cup, which gives you extra oomph. It always works.

What You Asked...

**ALESSANDRA AMBROSIO**



JESUS AVALLA / STUDIO D. Fashion editor and stylist: Karen Larrain. (Kerr) Jemal Countess/WireImage. (Ambrosio) David Aguilera/BuzzFoto/FilmMagic.

Go to [victoriasecret.com](http://victoriasecret.com) to shop.

JANUARY 2010 / COSMOPOLITAN **57**



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Suave Naturals body washes come in a variety of fun fresh scents from cool crisp Cucumber Melon to delightful Wild Cherry Blossom that women prefer. Each is infused with natural extracts that smell like you paid a lot more. Discover our variety of scents at [suave.com](http://suave.com)

*Rethink specialty store fragrances*





## Don't Believe This BS

We asked dermatologist Jeffrey Benabio to bust the latest bogus skin-care rumors.



### ● GUZZLING WATER IMPROVES SKIN

Water is healthy, but it doesn't reach your skin when you drink it, which means it can't hydrate a dry complexion. If your skin is parched, use a moisturizer like Clinique Moisture Surge Extended Thirst Relief, \$34.

### ● ALL-NATURAL BAR SOAPS ARE BEST

Handmade soaps (such as those sold at health stores and green markets) are often as harsh as dishwashing detergent. They strip good oil off your skin, drying you out and causing your body to overproduce oil in response. Lather up with a gentle, hydrating one, like Dove Go Fresh Beauty Bar, \$2.89 for two.

### ● SWEAT CAUSES ZITS

Your hardcore workout isn't responsible for that bacne. In fact, sweat is a natural antibacterial. If you get bumps after yoga or going to the gym, it's probably because your mat or the equipment is dirty.

Get Jennifer Lopez's high-shine finish.



## CELEB LOOK

## Slicked-Back Style

Ultrasmooth, glossy updos are huge right now. The trick is to avoid strands that look soaking wet or greasy. A no-fail way to pull off this style: Run a thin line of mousse (like Sebastian Whipped Creme, \$18.95) along the length of a wide-tooth comb, and rake it through dry hair before you put it up. The comb will distribute the small amount evenly, says celebrity stylist Patrick Melville.



Ginger hair can be a real pain.

## Why Redheads Hate to Pluck

Scientists have discovered that redheads are more sensitive to pain than brunets and blonds are due to a gene only they have. Flame-haired girls, pop an aspirin before your next arch shaping.

## Mixed to Perfection

The latest trend in customization? Formulas you can tweak to fit your needs. Blend the ingredients in each chamber to score extra benefits, bonus shades, or a gradually darker tan. (1) Nexxus Dualiste Conditioner, \$15.70. Add color protection to your conditioner. (2) L'Oréal HIP Color Presso in Spunky, \$13. Squeeze one side for pink, one for violet, or both for a raspberry tint. (3) Aveeno Continuous Radiance Moisturizing Lotion, \$14.99. Twist the cap for more self-tanner and less lotion.

# beautyQ+A

Every month, we answer a bunch of your burning beauty questions.



Bobbi Brown Beach Body Scrub, \$35

**Q** How do I get rid of the tiny bumps on the backs of my arms that always show up this time of year?

**A** Those bumps are called keratosis pilaris, a form of eczema, says Jeanine Downie, MD, director of Image Dermatology, in Montclair, New Jersey. They pop up more in winter because the

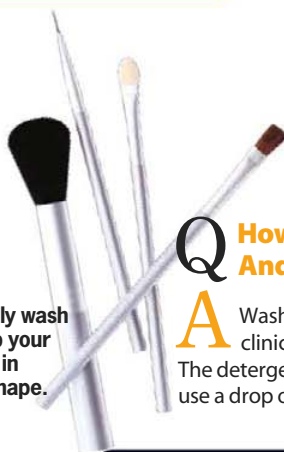
lack of humidity in the air makes skin drier. A combo of gentle exfoliating and moisturizing can help. We like the scrub at left because the beads are soft on skin yet strong enough to get the job done.



**Q** My staticky hair is driving me crazy! Is there a way to get a handle on it?

**A** What you need is moisture. For starters, go easy on hair spray—the alcohol in it will dry out your hair even more, says NYC salon owner Edward Tricomi. Instead, rub a few drops of hair serum through damp or dry strands to lock in moisture and create a barrier against flyaways.

Got static? This trick will make strands silky, like Rosario Dawson's.



A monthly wash will keep your brushes in stellar shape.

**Q** How often should I clean my makeup brushes? And is it okay to use regular hand soap?

**A** Wash them once a month, but upgrade your suds, says Ranella Hirsch, clinical assistant professor at Boston University School of Medicine. The detergents in hand soap are harsh and can strip the brushes. Instead, use a drop of baby shampoo to create a little lather, then rinse and air-dry.



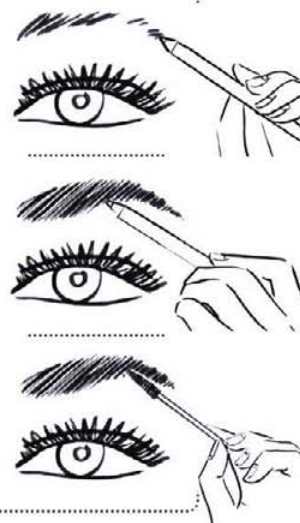
Brrr! It might be chilly out, but the sun is still beating down.

**Q** Do I really need to slather on sunscreen in the winter, even when I'm not outside that much?

**A** Yes. You should wear an SPF of at least 15, says NYC derm Heidi Waldorf. UVA rays (which not only can give you wrinkles but also lead to cancer) are the same strength year-round. Try a lotion with built-in sunscreen, like Aveeno Ultra Calming Daily Moisturizer SPF 15, \$14.

**Q** I plucked off almost all my brows. Can I fill them in without getting a drawn-on effect?

**A** Remember the three Fs: fill, fix, and feather, says celeb makeup artist Brett Freedman. First, pick a pencil that matches your brow color. Fill in the entire brow, not just bald spots—this is key to making sure everything blends together. Then fix extrathin areas (like where your outer brow connects to the arch) with more pencil. Finish by feathering out the color: Brush a clean mascara wand through each brow in short strokes to diffuse any harsh lines.



COSMOPOLITAN.COM/BEAUTYQA Have a question for Cosmo's primping pros? Ask it here!



# beauty CHEATSHEET

## Party-Proof Your Curls

*Even the bounciest ringlets can drag on the dance floor. Our pro method will deliver the body and hold you need for an all-nighter.*



(Newton) Jeff Kravitz/FilmMagic. (Illustrations) STUART MCKENZIE/EYECANDY.CO.UK (Still) CHRIS ECKERT/STUDIO D.

**THE PRO:** Mara Roszak, Tresemmé celebrity stylist

**THE PREP:** If your hair's wet, dry it with a blow-dryer. Then mist a lightweight hair spray all over the top layers. Flip your head upside down to reach the bottom section.

### THE TECHNIQUE:



**1** Holding a curling iron vertically near your temple, clamp it to the 1-inch section of hair closest to your face, and rotate the barrel outward. Release after five seconds.



**2** Immediately roll the just-curled section around your finger, and secure it to your scalp with a bobby pin. It's okay if it's messy or the end sticks out.



**3a** Repeat the above two steps with the next section of hair, but this time, twist the barrel toward your face. Alternating the direction of the curls prevents them from clumping together. Keep going until you finish curling and pinning up all your hair, then apply another coat of the spray (3b).



**4** After five minutes, remove all the bobby pins, and rake your fingers through your hair to break up the curls. Once they're styled exactly the way you want them, spritz on a final layer of hair spray.

### FOR A MIDNIGHT STYLE REVIVAL

Tote a mini can of hair spray (like Tresemmé Tres Two, \$4.49) to sex up your strands instantly.





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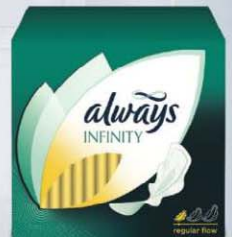
Now you see it.



Now you don't!~



*Have a happy period. Guaranteed.\**



\*See pack for details. \*\*5 ml, 10 minutes elapsed time. ©2009 P&G



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- The Girlfriend Experience DVD
- Jackass: The Lost Tapes DVD
- United Colors of Benetton scarf set  
with hat and gloves
- Vineyard Vines silk tie
- Nautica boxer briefs
- Molton + Brown bodywash set
- Every Man Jack™ travel kit
- Bumble and bumble sumotech™
- Kate Somerville Exfoliate
- CD from a hot artist
- Top Producer by Norb Vonnegut (book)
- SIRIUS Internet Radio 3-month subscription
- November issue of Cosmo

Good Luck!

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HOT  
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Cosmo's Hot Holiday Picks features the perfect  
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2. Invite your friends to join the project  
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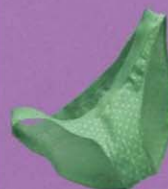
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## Prime-Time Relaxation

When you and your guy are camped out on the couch for an NCIS marathon, pull his feet onto your lap as you wiggle yours onto his. Then have him mirror your movements, one foot at a time: Smooth a few drops of olive oil between your hands, and moving the pads of your thumbs in a circular motion, rub from his heel up to his toes, lingering every time you move an inch. Finally, push

on the bottom of his foot, just above the heel (see X at left), to hit the pressure point that reflexologists say helps release gut emotions.

A massage for sole mates only

SOURCE: HELEN BROWN, SPA DIRECTOR AT THE MAYFLOW INN AND SPA

## Turn Touch-Ups Into Turn-Ons

If you mindlessly do your makeup in his line of sight, you're missing an ideal opportunity to push his lust button. The next time you reach for your beauty gear, use tantalizing application techniques to tease him.



Men love to watch.

### LIPSTICK

Part your lips slightly so that your mouth is open and relaxed (guys are into that), then sensually trace the shape of your lips with the tube. One coat is all you'll need.

### MASCARA

Swipe the wand dramatically through your lashes a few times (resist layering too much). Channel Marilyn Monroe, and flutter them a bit before you look up at him.

### POWDER

Turn away from him, and hold up a compact that has a built-in mirror. Sweep on powder, and then "accidentally" catch his eye in the mirror as you flash a sexy smile.

## Stop a Flaw From Messing With Your Mojo

You have a zit, a scar, or mega cellulite...and he's staring right smack at it. Should you crack a joke? Do your best to hide it? "Neither," says Paul Dobransky, MD, director of womenshappiness.com. "Even if he notices, he won't focus on it. And neither should you." Draw your own attention away from the flaw—and boost your ego—by playing up your best feature. Have great eyes? Rim them with a dazzling jewel-tone liner.

Highlight your gaze with Chanel Long-Lasting Eyeliner in Jade, \$28.

## WE ASKED

## 100 Guys on the Street

Is a mid-winter spray tan foxy or too fake?

**25%**  
FOXY

**75%**  
TOO FAKE

Save a hot tan, like Jaime Pressly's, for spring.



(Couple) Photographer's Choice RF/Getty Images; (Model) Rubberball/Getty Images; (Still) CHRIS ECKERT/STUDIO D. (Pressly) Jean Baptiste Lacroix/Getty Images.



# The Hardest Lesson

.....  
*A sister's death teaches about the realities of human papillomavirus (HPV) and cervical cancer*

**A**ngie, Laura, and Sheena—three sisters destined to be best friends for life. “We grew up side by side and best friends!” remembers Laura. “We shared a room and had bunk beds, and I would reach my hand down to her and we’d fall asleep holding hands.” The youngest, Sheena, remembers, “As the oldest child, Angie was naturally very nurturing and always took care of Laura and me. No matter how old I got she always called me her baby.”

Angie seemed to have it all: a great job, a loving family, and a fiancé she adored. So it came as a shock when, **at the age of 29, after one irregular Pap test, Angie was diagnosed with cervical cancer.**

The news was as heartbreaking as it was devastating. “I didn’t

understand how this could’ve happened,” says Sheena. “How could she be happy and living her life one minute, and the next minute be sick with cancer?”

Cervical cancer is caused by certain types of HPV. In fact, 8 out of 10 women will get HPV in



*Laura, Sheena, and Angie—three sisters destined to be best friends for life.*

their lifetime. For most people, HPV clears on its own. But for some women who don’t clear certain types of the virus, cervical cancer can develop. And there is no way to predict who will or won’t clear the virus.

**“How could she be happy one minute, and the next... be sick with cancer?”** “When something like this hits so close to home, you have no choice but to become educated, and fast,” says Laura. Many women don’t realize that you don’t have to actually have sex to get HPV. Sheena says, “When Angie was sick, she made me promise to take care of myself. So I am getting regular Pap tests and taking care of my body.”

After seven months of treatment that included surgery, chemotherapy, and radiation, Angie died peacefully in her sleep with her family by her side.

Laura and Sheena are now dedicated to continuing Angie’s legacy by telling her story to educate young women about what they can do to help protect against HPV and cervical cancer. Sheena says, **“Angie would want other girls to learn from her experience,** to take their health seriously and know that it’s okay to feel scared, but to never wait to take care of a problem.”

“It’s heartbreaking, but it’s the only way people are going to become more aware of HPV and how dangerous certain types of the virus can be,” says Laura. “We will continue to share her story in hopes that it can have an impact on at least one woman’s life.”

.....  
**LEARN FROM ANGIE’S STORY:**  
**January is Cervical Cancer Awareness Month—schedule an appointment to talk to your doctor to learn more about ways to help protect against HPV and cervical cancer.**



Clinique Superbalanced Powder, \$32.50



Armani Midnight Lip Shimmer in 2, \$26

## Matte Skin and a Glossy Mouth

We love how wet-looking lips pop against a shine-free face. The powder makes oily spots matte, and the flecks in this gloss catch the light for a sexy finish.

Chanel Soft Touch Eyeshadow in Black Star, \$28.50



## Pewter Lids and Peachy Cheeks

This cool/warm contrast looks fresh on all skin tones. Swipe shimmery silver on eyes, and dust peach on cheeks to warm up your complexion.

Neutrogena Mineral Sheers Blush in Natural Apricot, \$13

Smashbox Blush Rush in Radiance, \$24



## Hot Pink Blush and Bronzer

Fake a flush and add contour with this trick: Put bronzer on the hollows of your cheeks, and add a pop of pink blush on your apples only— instant sex appeal.

**TIP**  
Suck in cheeks to see exactly where to brush on bronzer.

MAC Mineralize SkinFinish in Comfort, \$27

## Smoky Eyes and Neutral Lips

Rub the white end (shadow) all over your lids, then follow with the black liner side, and smudge. Finish with nude lips that won't rob attention from your gaze.



CoverGirl Smoky ShadowBlast in Onyx Smoke, \$7.49

Sally Hansen Natural Beauty Lip Color in Rosy Brown, \$10



# Killer Combos

*Brad and Angie, PB&J, an LBD plus sky-high heels...now you can add these makeup pairs to your list of duos that never let you down.*



## Gilded Lids and Violet Lashes

Gold is the ultimate iris enhancer—it makes any eye color pop—while purple lashes instantly update your look.



**TIP**  
Prop your elbow on a table to keep your eyeliner hand steady.

## Cat Eyes and a Red Smirk

This classic pairing screams *glamour*! Drag black liquid liner just past the edges of your lids for a kittenish effect. Follow with a shot of vibrant red lipstick.



**TIP**  
Comb brows after shaping to give them a natural finish.

## Bold Brows and Bright Lips

Defined arches balance out a powerful pout. Sharpen your brow shape with this dual-color kit, and paint your kisser a shocking pink.



## Technicolor Eyeliner and Black Mascara

Rim your lash lines with a punch of color (the brighter, the better), and finish with two coats of beyond-black mascara.



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# Beauty Breakthroughs

Mascara that vibrates, nail polish that does five jobs in one, a moisturizer that penetrates deeper than ever before possible...here's the fascinatingly cool stuff that's taking the beauty industry by storm.

**By Kate Sandoval**



The technology being put into beauty products (gene-mutating serums? lifting polymers?) is mind-boggling—frankly, it rivals NASA's. Which *sounds* awesome, but without an advanced science degree, how do you know what these ingredients are doing and if they're right for you? Experts explain the latest breakthroughs...we tell you what really works.

## 1.

### Lipsticks That Stay On and Hydrate

We've tried long-lasting lipsticks in the past, and yes, they don't rub off, but your lips feel like they've spent a day in the Sahara. The latest crop, however, are packed with new polymers: chains of molecules linked together that, in this case, make pigment stick without feeling like glue. Cosmo staffers tried Giorgio Armani Rouge d'Armani Lipstick, \$30, at left, which claims to stay put for eight hours and keep your mouth hydrated for six (thanks to the addition of lightweight oils). After a day of testing, the color lasted past lunch...and it wasn't until their commute home that some staffers wanted to add a layer of balm.



## 3.

### Vibrating Applicators

The latest mascaras, exfoliators, and powder foundations have been generating quite a buzz—literally. They're actually powered by tiny batteries that make them tremble gently. In the case of the makeup products (like Lancôme Oscillation Power Foundation, \$48, above, and Maybelline Pulse Perfection, \$14.95), the motion distributes formulas more evenly. For example, a loose powder smooths out into a uniform layer on the skin, and a vibrating mascara covers all your lashes without clumping. (There's no need to use much muscle; with both of these, make very slow, light strokes to get uniform results.) The exfoliators, like the Neutrogena Wave Duo, \$12.99, and Clarisonic Mia face brush, \$149, remove old skin cells as they distribute a cleanser or scrub (whatever you decide to put onto the applicator). The good news is that they all worked! And let's just say, they're a lazy chick's dream come true.

## 2.

### Moisture That Penetrates Your Skin Deeper Than Ever

Most moisturizers sit on top of the skin to seal in moisture—functioning like the cover on a swimming pool, which blocks water from evaporating, says dermatologist Ranella Hirsch. But some of the newest hydrators work in the opposite way. They soak into skin, delivering moisturizing ingredients to its deeper layers. We tried—and loved—these products, which are leading the pack with this new technology: (1) Dove Nutrium Moisture Body Wash, \$3.77, cleans the skin, of course, but also deposits lipids (healthy oils your body makes naturally) down deep. (2) Vaseline Sheer Infusion, \$6.25, combines three hydrators: one for the top of the skin (glycerol quat), one that settles into the middle layers (glycerin), and one that passes through to reach the deep parts (urea). (3) Estée Lauder Hydrationist, at right, \$38, has water molecules that have been organized (easy enough—kidding!) to penetrate skin better and keep it hydrated longer than the “disorganized” ones in regular water.





Youth is in your genes. Reactivate it.<sup>1</sup>  
Discover the skin you were born to have.

---



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**LANCÔME**  
PARIS

<sup>1</sup>Activate skin's youthful look. <sup>2</sup>In-vitro test on genes.  
<sup>3</sup>Clinical study on skin proteins, associated with young skin – France.

CALYPSO  
BLUE

GRASS  
SLIPPER

SHRIMP  
DIVINE

KOOK-A-  
MANGO

## 4. Nail Polishes That Do Five Jobs

The newest polishes aren't just paint anymore. Take Sally Hansen Complete Salon Mani-cure, \$7, above, which combines a base coat, strengthener, growth treatment, color, and topcoat in one bottle. Besides creating a lacquer that is more concentrated than any other Sally Hansen polish, the developers added treatments to the formula. Calcium and sea minerals help your nails grow and get stronger, pearl protein fills in ridges, and marine kelp offers a shiny finish. Since each of these ingredients is put into tiny time-release capsules, they don't affect the color and will keep working for up to 10 days. Here's what we discovered: If you want bold, you'll need to paint on two coats. But you won't mind; the rectangle-shaped brush fans out, so just one pass (two on thumbs) spreads the paint over your entire nail. What you'll really freak out over? The finish staying incredibly shiny all week.



Get picture-perfect skin with the help of a new powder.



## 5. Advanced Light-Diffusing Pigments

Think back to geology class. Remember the rocks that glimmered even under your science lab's awful fluorescent lighting? They most likely contained mica, titanium dioxide, or zinc oxide—the same stuff that's ground up into tiny particles and put in formulas for a light-reflecting effect. Now, these particles are cut and blended in such a way that they not only give you radiance but a very natural-looking one. The idea is that your skin and hair aren't one uniform shade, so by mixing these rock pigments and cuts, you mimic that color combination and get a realistic glow. We tried Revlon PhotoReady Powder, \$12.99, below, which says that its pigments

bend, reflect, and diffuse light so that flaws are less noticeable in snapshots. Staffers posed for photos wearing their regular makeup, no makeup, and then this new powder. In the Revlon shots, noses and foreheads looked less greasy, while the rest of the face had a nice shimmer.

## 6. Collagen-Infused Formulas

Collagen is a protein in our skin that's responsible for keeping it strong, plump, and flexible. Companies are now putting it into everything from anti-wrinkle creams to lip-plumping glosses to hair-thickening sprays. "When collagen is put on top of the skin or hair, it

works as a humectant, which means it draws in moisture," says cosmetic chemist Ni'Kita Wilson. "That moisture makes the cells swell and have more elasticity." One fine-haired staffer tested collagen-infused Got2B Fat-Tastic Non-Aerosol Hairspray, \$5.99, at left. After spritzing it on and flipping her head upside down, her hair's gone-flat problem was solved.



## WHEN NOT TO BELIEVE THE HYPE

Look, no formula can perform a miracle. These products over-promise a bit, so just be realistic.

### ● CELLULITE CURES

**They contain vasoconstrictors (ingredients, like caffeine, that dilate blood vessels), which increase blood circulation to give you a tightening, slimming effect. Unfortunately, the effect lasts only a few hours.**

### ● BUST-ENHANCING CREAMS

**These also use blood-circulating ingredients to give an instant yet fleeting tightening feeling. But "no cream is going to make your breasts any bigger or more lifted," says NYC derm Macrene Alexiades.**

### ● LASH GROWERS

**These serums encourage healthy growth. They're full of moisturizing ingredients that create an environment where hair can grow...but whether it does is not guaranteed. The only FDA-approved product is Latisse, for which you need a prescription.**



Youth is in your genes. Reactivate it.<sup>1</sup>  
See visibly younger, brighter eyes in just 7 days.

---

Lancôme invents:  
**GÉNIFIQUE EYE**

YOUTH ACTIVATING EYE CONCENTRATE



**Visibly diminishes dark circles.**

**Genes: the very origin of your skin's youth.**  
By expressing themselves, the genes produce specific proteins. With age, their presence diminishes.

**Now for the eyes.**

Lancôme invents our first eye care that boosts the activity of genes.<sup>2</sup>

**See visibly younger, brighter eyes in just 7 days.**

This unique gel-cream texture leaves the eye contour velvety to the touch. Dark circles and signs of fatigue appear to diminish. The eye area appears fresher and luminous, as if infused with life.

**shop at [lancome-usa.com](http://lancome-usa.com)**

10 Years of Research – 7 International Patents

**LANCÔME**  
PARIS

<sup>1</sup>Activate skin's youthful look.  
<sup>2</sup>In-vitro test on genes.



Daniel **Day-Lewis** Marion **Cotillard** Penélope **Cruz** Judi **Dench**  
**Fergie** Kate **Hudson** Nicole **Kidman** Sophia **Loren**

# NINE

*This Holiday Season, Be Italian!*

**PG-13** PARENTS STRONGLY CAUTIONED

Some Material May Be Inappropriate for Children Under 13  
SEXUAL CONTENT AND SMOKING

The Official *Be Italian...* Sweepstakes

Win a trip for (2) two to Rome for 3 nights/4 days

Log on to enter: [www.NINE-MOVIE.com/Rome](http://www.NINE-MOVIE.com/Rome)

**Alitalia**





## Stud Meter

Check out which guys are getting sexier by the minute...and who's totally turning us off.

### Taylor Lautner

The *New Moon* hunk would win Best in Show in our wet-tee-shirt contest.

### Wyclef Jean

The musician and humanitarian is going to college to show kids the importance of higher education.

### Ryan Reynolds

ScarJo's hottie husband is regularly slipping on a skintight superhero suit while filming *The Green Lantern*.

### Ace Underwood

Carrie's teeny four-legged friend is so cute, he has his own official fan club.

### Jude Law

He's not half bad as cross-dressing Minx in *Rage*, but we still prefer this stud in his natural form.

### Nicolas Cage

This goateed bad boy reportedly owes more than \$6 million in unpaid taxes.

### Christian Louboutin

When you think Barbie's ankles are too fat, it's time to reevaluate your ridiculously unrealistic standards.

### Spencer Pratt

Barely having sex with your wife because she wants children makes you one of the worst husbands ever.




(Left to right, from top) Radcliffe/bauergriffinonline.com; Johnny Nunez/WireImage; Jon Furniss/WireImage; Matings/bauergriffinonline.com; Torsten Laursen/Getty Images; Babelgum/splashnews.com; Nick Harvey/WireImage; Axelle/bauergriffinonline.com; Daniel Novisedlak/WireImage.


# Make Your Own Nude!

Seems like the hottest men are never the ones who pose in the buff (ahem, Levi Johnston), so why not take matters into your own hands? Cut out your favorite hottie's head, and attach it to our model bod to create pure naked nirvana.

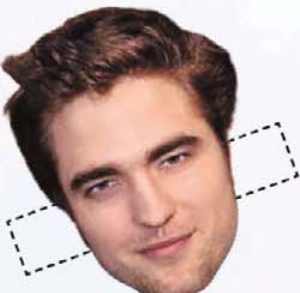
**By Korin Miller**




**BRAD PITT**  
Angie's baby daddy is even more of a glorious bastard with his clothes off.




**JOHNNY DEPP**  
This brooding pirate can pillage our village anytime.




**ROBERT PATTINSON**  
We'd like to do more than just neck with *New Moon's* hottest vampire.




**MARIO LOPEZ**  
Let smoking-hot hunk A.C. Slater take you on a pectastic voyage.



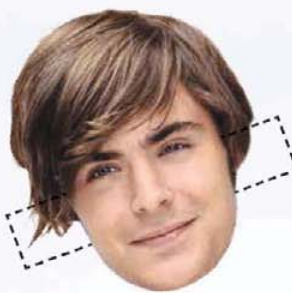
**MATTHEW MCCONAUGHEY**  
He's sexy shirtless. But can you handle the full McConaughey?



**JOHN MAYER**  
His body is a wonderland...and we're ready to play.



**MATT DAMON**  
From what we've seen, Jason Bourne's always up for action.



**ZAC EFRON**  
Imagining this babe in nothing but his birthday suit makes us want to hit our high note.

(Top to bottom, from left) EVE/startraksphoto.com; Steve Granitz/WireImage; Jon Furniss/WireImage; Humberto Carreno/startraksphoto.com; Alberto E. Rodriguez/Getty Images for AFI; Nick Sadler/startraksphoto.com; John Shearer/WireImage; Carlos Alvarez/Getty Images.





**Ding-dong!**  
Did someone  
order a  
package?



“GUYS ARE  
USUALLY  
THE ONES  
IN CHARGE  
DURING  
SEX.... THE  
CHANGE IS  
INCREDIBLY  
AROUSING.”



# GIRL ON TOP

▶ Ask a guy point-blank what does it for him in bed and he's likely to respond "Uh... everything." So to demystify that answer, we conducted a massive sex poll aimed at teasing out the dirtiest thoughts of thousands of guys. Among the many insights gleaned, a fascinating fact emerged about what men crave: You. On. Top. "When you take charge, they know you're turned on and into it," says certified sex therapist Ava Cadell, PhD, EdD. "They also get a great view of your breasts and other sexy parts." And—let's be honest—their lazy asses don't have to do as much work when you're riding 'em.

Not that we're complaining. After all, it's the most orgasm-inducing position for women. According to certified sex educator Amy Levine, founder of SexEd Solutions.com, you can set the pace that'll get you off, and the angle is ideal for stimulating the two biggies: your G-spot and clitoris. We break down the reasons why this mattress move is so freakin' amazing, along with tips for how to bliss it out even more.

**WHY  
IT'S  
SO HOT**

## You're Running the Show

Being able to make your toes curl in the sack is a point of pride for guys, and they often question if they're doing a good job. Are you having fun? Does it feel good? And most of all, are you going to come? "When you climb on

Guys tell us cowgirl is their all-time-favorite sex position. So we're sharing our best tips for giving—and getting—maximum pleasure, boots and hat optional. (We bet you'll be the first to ride him sideways!)

**By Korin Miller**

top, he doesn't have to worry about whether you'll have an orgasm, since you're taking control of your own pleasure," Levine points out. He can just cruise along and enjoy himself.

Girl-on-top also shows how much you're craving him, which is an insane turn-on. "Guys are usually the ones in charge during sex, so the change of pace when you take over is incredibly arousing," says Debby Herbenick, PhD, author of *Because It Feels Good*. "It makes him feel like you can't get enough." Play

up that you're calling the shots by blindfolding him right before he enters you or pinning his hands above his head as you grind into him.

**MAKE IT SEXIER FOR YOU:** Not only will dominating him give you a hot power trip, but you'll also be able to experiment with the tempo and angle that bring you the most satisfaction. Switch up the rhythm from hard and fast to a slow groove, Cadell recommends. Or shift your body, like leaning slightly back or to one side, and then bend all the way forward so your chest is pressed against his. You'll stimulate all different areas of your V zone this way.

**NAUGHTY BONUS TIP:** Lower yourself onto him in a sideways sitting position, and rub your butt back and forth over his abs and thighs like a windshield wiper while he's inside you. It massages parts of his penis that don't normally get much action and strokes your G-spot at the same time, Cadell says.

WHY  
IT'S  
SO HOT

## There's a Billion-Dollar View

Whether he's checking out your bouncing boobs in forward-facing cowgirl or your butt and back in reverse, girl-on-top gives your guy an eyeful. "Men are more visually oriented than women are," Levine says. "Seeing a sexy image is key to their arousal." Plus, it's the only position where he really gets to witness you in action. So move in a way that enhances your curves and will get him beyond frisky. Arch your back so your breasts thrust forward; in reverse, lean over a little and grab his toes, pushing your butt out.

**MAKE IT SEXIER FOR YOU:** The more confident you feel, the better sex will be, Cadell says. And when your guy is staring slack-jawed at your body, it's hard *not* to think you're hot as hell. As a result, every kiss, caress, and squeeze becomes extra mind-blowing.

But don't just sit there and look pretty—max out the erotic benefits by putting on a minishow midaction. A few ideas: Keep on a front-closure bra, and when things start to get intense, unhook it so he can watch your breasts spill out; seductively suck on one of your fingers and then let it trail from your lips along your torso down to your V zone; toss your hair over your shoulder and then squeeze your breasts together to show them off or circle your nipples with your fingertips. Watching you touch yourself will drive him insane with desire.

**NAUGHTY BONUS TIP:** Indulge your exhibitionist sides. Prop a large mirror against the wall near your bed so you can both watch yourselves going at it, Levine suggests. Not only will you see your bodies from a hot new angle, but it also feels kinky...like you're viewing yourselves in a porn flick.

WHY  
IT'S  
SO HOT

## The Good Parts Are Within Reach

In missionary and doggie-style, some of your hot buttons are tricky to get to, but girl-on-top grants him easy access to *all* your "stroke me" spots. And because neither of you has to use your hands to support yourselves, they're free to roam everywhere. "Touching each other during sex—kissing, licking, stroking—builds on the main sensation that's coming from your genitals and adds another layer of pleasure," says Cadell. You can lick and gently nibble his nipples, kiss or run your tongue down his neck, lightly scratch your nails along his chest and abs, or squeeze his inner thighs.



## Your Biggest Girl-on-Top Worries—Solved

Nothing kills the mood like stress. Heed this advice and reining in cowgirl angst will be easy.

### "My winter padding is on display."

You may think you're sporting some extra chunk, but your guy sure won't notice. Still, if you're self-conscious, flatter your body by lighting a candle or keep on one of his button-downs to conceal a belly. Stay in the moment by locking eyes with him and zoning in on what you're feeling.

### "What if I break his penis?"

Bouncing too enthusiastically and missing the target or leaning far back can hurt your guy. If you're both craving it hard and fast, make sure he doesn't pull out all the way. And only lean forward during fast sex, not backward.

### "I can't feel the beat."


Out of sync? Slow down, and give him a deep kiss. Having him place his hands on your hips can also keep you in tune. Or crank some R&B beforehand—you can follow the rhythm.

### "He won't get off!"

Sometimes guys need the thrusting motion of missionary or doggie-style to orgasm. Warm him up with oral before sex so that he's closer to the brink. Or take turns being in control: Start off in cowgirl, then when you're both getting close to climax, switch to a position where he's on top.

SOURCES: AVA CADELL, PHD, EDD; CERTIFIED SEX EDUCATOR AMY LEVINE





**MAKE IT SEXIER FOR YOU:** This is the perfect position for showing him how you want to be touched...and subtly directing him adds to the vixenish “I’m in charge” vibe. For example, caress your breasts, and then place his hands on your set so he can take a turn. Or grab one of his hands and gently guide him below, pressing his fingers into you with the pressure and rhythm you’re craving, before removing your hand and letting him take over. Another idea is to mirror each other’s movements, like running your fingers through his hair while he runs his through yours.

**NAUGHTY BONUS TIP:** For the ultimate high, try this: In forward-facing cowgirl, reach your hand back and stroke his scrotum and perineum. At the same time, have him gently rub your clitoris with his thumb. You’re scoring simultaneous south-of-the-border pleasure, inside and out!

**WHY  
IT'S  
SO HOT**

## Gravity Lends a Hand

When he’s lying on his back or sitting down, the pressure of your body on top helps him effortlessly slide in a little farther. Not only does it feel incredible for both of you, but it gives him an ego boost as well. “Guys like to go deep because it makes them feel bigger, powerful, and more macho,” Cadell explains. Amp up the pleasure by building anticipation for that insanely hot moment when he first enters you. Ease just the head of his member into your vagina, and wrap your hand around his shaft to keep him from going any deeper than an inch. Gently move up and down until you can’t stand it anymore. Then at last, remove your hand, and go for the full monty.

**MAKE IT SEXIER FOR YOU:** There are two more pluses to going really deep. First, your lower half taps up against his testicles with each thrust, stimulating his nerve-packed scrotum while providing extra feel-good pressure for you. Swivel your hips in a circle during sex to feel each other from all angles. Second, your pubic bones are pressed together when he’s so close, which means your clitoris is receiving major friction...and you’re getting closer to the O zone. Play this up more by rocking your hips back and forth instead of moving up and down.

“TOUCHING  
EACH  
OTHER  
DURING  
SEX ADDS  
ANOTHER  
LAYER OF  
PLEASURE.”

**NAUGHTY BONUS TIP:** Head to the couch, and have him sit so he’s slouched a little. (His penis is at the perfect angle to hit your G-spot when he’s positioned like this, Herbenick notes.) Carefully lower your body over him until you’re squatting over his package, with your knees pointed outward. Guide him inside you, and glide up and down along his shaft. You can open your legs much wider than if you were kneeling, which allows him to go even deeper. (Hint: Place your hands on the back of the sofa or his shoulders so you won’t kill your quads.)

**WHY  
IT'S  
SO HOT**

## He Can Last Longer

When left to their own devices, most men will resort to hard and fast sex, because it’s the easiest way for them to get off, Levine says. But good things come to those who wait—drawing out sex usually yields a more intense orgasm and also gives you a chance to get up to the same speed. When you’re on top, you are in control of his thrusting and can mix in slower movements that help extend the pleasure. “Most women favor a grinding rhythm, while men are stimulated while stroking in and out,” says psychologist Michael Bader, DMH, author of *Male Sexuality*. When you stick to *your* favorite motion, he’s able to hold on longer, making him feel like a serious stud (so everybody wins).

**MAKE IT SEXIER FOR YOU:** Sprinkle in stops and starts. Pull out midact, and slide the length of his penis in between and around the lips of your labia. This gets your juices flowing because it gives his penis access to sensitive areas it wouldn’t otherwise reach. If you sense he’s approaching the finish line but you’re not ready yet, pause after every 5 to 10 thrusts to give him a deep kiss or ask him to go down on you briefly to get you closer to the big O. In addition to arousing you more, “breaking up a steady rhythm will stave off his orgasm,” Levine says.

**NAUGHTY BONUS TIP:** When you’re seconds away from climax, begin firmly squeezing your PC muscles (they’re the ones you’d tighten to stop the flow of urine when you’re peeing). It’ll hold back his orgasm a little bit longer and make the sensations stronger for both of you when you do finally tip over the edge. ■

# 50 Fun Ways to Fire Up Your Love

Whether you flash him a peek at your tatas on the sly or attempt to reenact DWTS routines in your living room, these silly moves will bring you infinitely closer as a couple.

By Korin Miller

▶ You wouldn't think that goofing off with your guy would make you fall harder for each other, but kidding around has surprisingly romantic side effects. "Inside jokes and playful behavior draw a couple together because they provide a quick emotional high," says relationship therapist Paul Coleman, PsyD, author of *The Complete Idiot's Guide to Intimacy*. "That high makes you feel excited about each other, strengthening your connection and keeping things fresh."

Of course, things won't stay fresh for long if you keep having the same kind of fun over and over. Enter our list of creative, inane, and often highly seductive activities. You might make some messes and shock a few strangers, but you'll both be too love-struck to care.

CHRIS CLINTON: Senior fashion editor: Rebecca Hessel. Hair: Elisa Flowers at Bernstein & Andriulli for Sebastian Hair. Makeup: Katrina Bailey. Manicure: Kim Chiu for Mark Edward Inc. (On her) dress: Truse. (On him) shirt: Brunello Cucinelli; pants: 7 for All Mankind.



1 Go commando together for the day (it'll be your little secret).



**2** Emblazon a close-up of your bra-covered boobs and his boxer-clad package on mugs.

**3** Declare an all-out poking war on Facebook.

**4** Spell out "I want you" with kitchen magnets.

**5** Send sexy texts to each other when you're at the same party.

**6** Celebrate "beer:30" on a Sunday.

**7** Do a hilarious karaoke duet, like "Single Ladies," by Beyoncé.

**8** Ask him to lotion you up in the morning before work—just leave extra time for the inevitably lusty results.

**9** Draw a map of your place, and pinpoint where you've gotten it on. Then write in the spots you still want to break in.

**10** Take a shower together, doing everything for him, like washing his hair and scrubbing him all over—then trade off.

**11** Tune in to a Travel Channel special one night, and make a theme dinner to match.

**12** Secretly pop into a billiards bar after work a few times and learn how to play. Then challenge him to a game.

**13** Make snowballs, and store them in your freezer for the height of summer.

**14** Draw an outline of your naked body on his shower wall with a soap crayon.

**15** Have a triathlon date, competing in pizza eating, thumb wars, and leg wrestling.

**16** Try to out-cheese each other with funny love notes, like "Some bunny loves you."

**17** Set up private Twitter pages, and post naughty messages to each other all day.

**18** Work up a competitive sweat with Wii Sports Resort.

**19** Use Rock, Paper, Scissors to decide pressing arguments, like what to watch on TV.

**20** Form senseless but fun road-trip traditions, like never *not* stopping at IHOP.

**21** Have cocktail night once a month, and try new recipes.

**22** Guess what your dog's up to during the workday, then find out with a pet's-eye-view camera.

**23** Gift him with a coloring book featuring you naked. You can make one using Photoshop or an Epson printer.

**24** Hit a thrift store, and buy outfits for each other. Then wear them out that night.

**25** Play naughty-word jumble (e-n-p-s-i) via text message when you're bored in line.

**26** Leave a sexy note in the shower that reads "Meet me back here after work."

**27** Make up aliases, and stick with them all night.

**28** Bake his fave childhood treat (ask his mom for the recipe).

**29** Have hour-long dance-offs at home.

**30** Pick ridiculous ringtones for each other.

**31** Write down funny things each of you say, then vote on which quote is the most hilarious.

**32** Flick your favorite photos of each other back and forth on your iPhones using the Mover app.

**33** Flash him when no one else is looking.

**34** Make up stories about other people while waiting in line.

**35** Look at pricey real-estate ads, and debate which property you'd "buy."

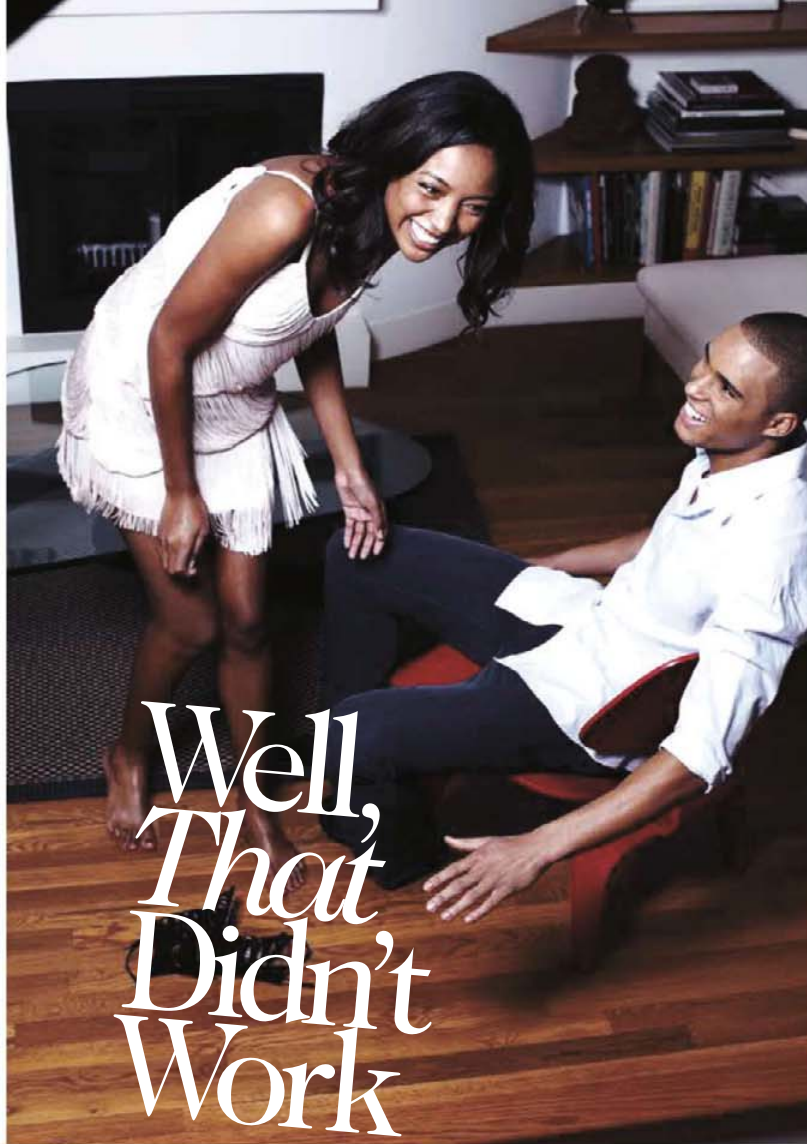
**36** Try to throw as many clichéd song lyrics into your conversation as possible, like "You are the wind beneath my wings."

**37** Text one word at a time to each other until you come up with a sentence.

**38** Write reminders in his BlackBerry calendar on the sly, like "Ravage Sarah tonight."

**39** Create a new Tumblr account just for the two of you.





# Well, That Didn't Work

These readers had the right idea—until their sexy plans totally bombed.

"I bought a belly-dancing outfit, turned on some exotic music, and attempted to give my guy a sexy striptease. But all he did was laugh hysterically at the show—for the next 10 minutes. I burst into tears and locked myself in the bathroom until he apologized." —Julie, 29

"I went to a happy hour and, on my way home, texted my BF to meet me at my apartment...but I passed out as soon as I hit the couch! He lived a 20-minute drive away and just sat in my parking garage for an hour, thinking I'd finally pick up my phone. I never did." —Elizabeth, 27

"I sent my guy some racy pics one night, but an hour later, he

still hadn't gotten them. Turns out, I'd sent them to the wrong number, and the next day, I got a call from the police about indecent exposure! I had accidentally sent them to a middle-age woman, who freaked out. Luckily, she thought it was funny and decided not to press charges when she heard what really happened." —Ebony, 21

"I once mailed my man some homemade chocolate-chip cookies with a note that read, 'Share with your roommates!' Too bad I had accidentally switched the proportions of sugar and salt so they were really salty and gross. His friends nicknamed me the Demon Baker." —Tara, 28

**40** Do a Skype striptease in the next room, and see how long you can stay apart.

**41** Read our "Girl on Top" story on page 78 aloud to him, then try the positions.

**42** Flip through a Victoria's Secret catalog together, and see who can make the swarthiest pirate by drawing eye patches, goatees, hats, etc., on the models.

**43** Bake naughty-shaped cookies, using your bodies as inspiration.

**44** Join a flag-football league, and feel each other up midgame.

**45** Teach your dog a cool new trick together after watching Animal Planet's *Superfetch*.

**46** Hide a fake tattoo on your body, and challenge him to find it.

**47** Order takeout on Sunday—for breakfast, lunch, and dinner.

**48** Build a sled out of stuff at your place. Hint: Aluminum foil-covered cookie sheets work wonders.

**49** Hold shirts-versus-skins bed wrestling, and flip a coin to decide who's wearing what.

**50** Initiate a *Top Chef* quick-fire challenge cook-off using only ingredients found in your kitchen.

SOURCES: PAUL COLEMAN, PSYD;  
RELATIONSHIP EXPERT SETH MEYERS, PHD


# SEX WITH A NEW GUY

It's exciting yet awkward—you're figuring out a foreign body, and he has no clue what you like. To make your first hookup worth remembering, follow four simple rules.

**By Bethany Heitman**

Wow, we'll consider this evidence that those two had a very successful night.





*You're dating a guy, and the make-out sessions have been so hot, you've practically dry humped holes into each other's jeans. With all that chemistry, the sex has to be off the hook from the start, right? Ehhh.*

*"Getting intimate with a new person can be clumsy," says Chris Fariello, PhD, director of the Institute for Sex Therapy, in Philadelphia. You aren't completely comfortable with each other yet. Plus, there's so much at stake the first time—if the sex is bad, you could second-guess the budding relationship. These four rules will make it completely enjoyable.*

## START FRESH

**Avoid comparing his skills to your ex's. Your ex knew your body. Plus, it can make it harder to enjoy yourself.**

SOURCE: CHRIS FARELLO, PHD

## RULE

# 1

### DON'T JUMP THE GUN

There's no doubt been so much buildup to this moment that you're tempted to skip foreplay and launch right into the part where you insert tab A into slot B. But that's a rookie mistake.

"Really, the first night with someone is when you should be taking your time," says sex educator Jamye Waxman, author of *Getting Off*. "Your goal should be to pay close attention to what works and what doesn't for the other person. That way, you can please them right from the start."

So keep things slow and steamy from the get-go. During foreplay, any time his hands start to wander too daringly or it seems like he's going to try to go for the main event, grab his wrists and hold them tight. Then give him a long, drawn-out kiss.

"Most men love it when a woman does something aggressive like this because it helps them understand what she wants," says Carole Altman, PhD, author of *You Can Be Your Own Sex Therapist*. "The back-and-forth between heavy petting and kissing will make sure things stay well-paced."

## RULE

# 2

### ACKNOWLEDGE AWKWARD MOMENTS

Of course we all want to be thought of as a goddess in the sack, so the instinct is to ignore any gawky moments and pray on the kama sutra that he will too. But things will go much more smoothly if you do the opposite.

"Being with someone new is stressful enough because you're worried about what he'll think of your body and if he'll like what you're doing," says Altman. "And if you don't accept the natural mishaps that are bound to happen, they'll silently taint the experience."

To rescue the mood, you need to acknowledge these slips subtly in a way that suits the kind of sex you're having. If you're both being playful, maintain that attitude—meaning, if he can't seem to get your bra unhooked, don't sit there as he gets frustrated. Give him a smile and say "Let me try. I know the trick with this."

Or if the mood is more intense, find a way to keep that vibe intact. If you accidentally knock heads, turn your attention to that area by passionately kissing his forehead and face.

## RULE

# 3

### SAY SOMETHING NICE

It's a myth that guys are worried about only their own pleasure. In fact, most dudes have a harder time enjoying themselves when they're unsure if their partner is having a good time. "Part of what keeps him turned on is knowing you're feeling turned on," says Altman.

And since you're new to him, he doesn't know all your little inaudible signs that you like what he's doing. So it's crucial that you tell him.

Just be sure you praise something that really does feel good because he'll file away whatever you say and often incorporate it into future sex sessions (and for God's sake, don't fake any pleasure where there is none. Backtracking from that is not easy). If he's awesome at oral, a simple "That feels so good" in a seductive voice will encourage him. Or if your style is more cute, go with "Wow, your tongue should enter the Olympics." By being vocal about what feels amazing, you keep the steamy momentum at present plus help him learn what you like.

## RULE

# 4

### HOLD BACK FROM GETTING CRAZY ACROBATIC

You may have the urge to pull out all your wild sex tricks to show him you know how to get it on, but the first time isn't the right time.

"You don't want to be experimenting with a complicated position or trying tricky tantric maneuvers the first night. There's a good chance you'll get frustrated if they don't work due to your unfamiliarity with each other's movements or become so caught up in showing off your skills that you won't be able to pause and enjoy what's actually happening," says Waxman. "Those should be saved for later, when you understand what each other needs to orgasm."

Stick with positions that are familiar, feel awesome, and don't require any crazy-ass acrobatics. Then if you want to spice things up, try one little tweak, like touching yourself while he watches. This way, you won't feel boring, says Waxman, but it is risk-free and lets him know there's a whole lot more where that came from in the future.



"It's okay, man, she'd want me to show you this picture of her."

# Why He'd Share Your Naughty Text

**Yes, he betrayed you... and you have every right to be pissed. But his reasons for doing it may be less depraved than you think.**

BY KY HENDERSON

No matter why you sent your guy a revealing photo—you looked hot in your lacy bra or, um, you'd had a couple of vodka tonics—it was no doubt his dream come true. Too bad it became your nightmare when you found out he showed it to his buddies. "Even nice guys do stupid things," says New York City psychotherapist JoAnn Magdoff, PhD. "Understanding why he did it is the first step to moving past it." To that end, here are three reasons your guy would make this boneheaded mistake. It's up to you to decide if they're worthy of forgiveness.

## He Was Showing Off

You know how guys are inspired to taunt rabid alligators with raw chickens when their friends are watching? That's because their

judgment gets clouded by their desire to impress their buds.

"Guys love to one-up everybody, and they're susceptible to doing whatever the group around them is doing," says William July, PhD, author of *Understanding the Tin Man*. If his friends pass around their GFs' latest sexy texts for everyone to see, he may be dying to show them yours so he can be part of the club.

## He Was Expressing Feelings

Think about how eager you are to tell your friends about a great guy. He has the same desire, but since men have a hard time conveying emotions to one another unless they involve a sporting event, he has almost no way to explain to his friends how excited he is about you.

What he *can* do, however, is express how awesome you are in visual terms. Men devote significant amounts of time to ogling women, so a hot picture is something they feel comfortable discussing. "He may think that he's exalting you instead of exposing you because of an innocent desire to tell his friends how great and wonderful you are," Magdoff explains.

## He Didn't Think You'd Mind

Yep, we're serious. "The Internet has made privacy much less important to some people," Magdoff says. "A man may assume that his girlfriend's attitude is 'Once a picture is out there, it's out there for everyone.'" He's especially likely to have that impression if you post sexy pics of yourself on Facebook. Sure, you see a huge difference between the shot of you in a bikini top and the one of you in a bra, but all he sees is barely covered boobs.

Regardless of why he thought it was okay to share your photo, you have a right to be furious, and he needs to realize how upset you are. Your best bet is to let him know how much his actions have hurt you. That will trigger his protective impulses and, in spite of any urges to show off your hotness, make him want to avoid hurting you like that again. Just don't use the "What if I did that to you?" argument. Chances are, he would think it was awesome. ■

**YOU CAN NEVER BE SURE**

Of the 58 percent of Cosmo readers who have sent a guy a nude photo, 1 in 5 later found out he had shown it to his friends.

SOURCE: COSMO WEB POLL

EMMET MALMSTRÖM. Senior fashion editor: Rebecca Hessel. Hair: Jennifer Brent for Kerastase Paris at Kramer + Kramer. Makeup: Jordy Poon using La Prairie. Manicure: Kim Chiu for Mark Edward Inc. (From left) cardigan: Brown Sound; T-shirt: One Love 11; jeans: Generic Man; shirt: Steven Alan; jeans: Burberry.



# “I’m Always the One Before *The One*”

## WHEN HE WEDS

The number one reason men give for getting married is that “it was the right time to settle down.”

SOURCE: NATIONAL MARRIAGE PROJECT STUDY

**Her exes keep getting married...to the chick they date right after her. Which begs the question: What is it about some girls that screams *not wife material*?** BY JULIA ALLISON

▶ Last week, I got a call from an ex—a man I truly believed I’d one day see in a tux smiling at me from the end of a church aisle. He’s been dating the same girl since we broke up two years ago, and the crushing words that came out of his mouth were ones I had secretly prayed I’d never hear: “Julia,” he said, “I’m going to marry her.”

I promptly burst into tears. See, this isn’t the first time I’ve been the girlfriend before the girlfriend who becomes the wife. It has happened—you’re not

going to believe this—seven times (and I’m only 28)! It’s like I’m prepping guys for marriage to someone else.

I guess you could consider a girl like me a husband fluffer—you know how in porn movies, there’s a crew member called the fluffer whose job is to get the actor, um, ready for his scene? In my case, I put in lots of hard work, and then someone else steps in right before the money shot...I mean, the wedding scene. Ha.

The details vary, but the basic scenario is the same: Boy meets me. Boy and I

fall in love. Boy and I break up. Boy marries next girl. Take Andy (names have been changed), my first boyfriend after college. I was convinced he was The One, but two years in, I realized I’d never lived on my own as a single chick. Shouldn’t you do that before you get married? So we took a little break. He started dating another girl... and now they’re engaged.

Then there was John. Oh, John. Like Andy, he was an older guy, charming, successful, and handsome. I was madly in love with him.

I thought, *With a guy like this, you gotta play a little hard to get.* But I missed the signs that he was playing a more grown-up game: the new (three-bedroom!) apartment, the doting on his brother’s baby...He left me for a model (ouch!), whom he’s now marrying.

Given these stories (and others—I’ll spare you the gory details), I asked myself what I had done to drive these men into the arms of other women. Had I sparked their desire for a wife? Or made them want out of the dating game for good?

I posed those questions to my therapist. “You thought you wanted to marry these guys, right?” she asked. Right. “So you made them work through their issues and got them ready for marriage.” Right. “But were you ready?”

Good question. Maybe marriage sort of scared the hell out of me, and the guys could sense it. “Remember,” she went on, “being a husband fluffer means you’re free to keep looking for the right person. You’ve been spared. And you spared them too! You weren’t right for them. It’s a gift you gave them.” I’m still waiting for the thank-you cards to roll in. ■

“Honey, I taught him everything he knows.”



Don't let a dirty DVD get between you and your man.

# Does Your Man Have a Solo-Sex Problem?

**More guys are secretly going overboard with self-pleasuring. Keep reading to find out if your boyfriend's habit is getting out of hand.**

BY BETHANY HEITMAN

## NEW WORD: PROCRASTURBATION

The latest sex term to hit the street is slang for deciding to masturbate instead of doing any work.

There's breaking news in "guy world": Many committed guys are treating themselves to a little too much one-handed fun, and it could leave both of you feeling less than satisfied in bed. To get the scoop, we talked to top sex experts and found out exactly why this is happening...and what you can do about it.

## What the Hell Is Going On

"There are two current factors that are leading more and more men to develop masturbation dependencies, which is when someone masturbates so frequently that it interferes with a healthy sex life," says sex therapist Ian Kerner, PhD, author of *She Comes First*. And rest assured, neither of them have anything to do with you. "First, the bad economy is leaving a lot of guys without jobs, so they sit at home, bored, and start masturbating more often," says Kerner. "And second, porn has become so accessible that guys can watch something new every day, so a compulsion grows."

There are actually serious consequences to all that whacking off: If he's doing it too often, he may stop being able to climax with you. "A man's hand can provide a lot more friction than a vagina, and if he's compulsively masturbating, he may grow so used to that intense friction that anything less won't do it for him," says Kerner.

## How to Get Him Unhooked

If you've noticed that your guy takes a long time to climax during sex or if he can't finish at all, the only way to find out if excessive solo sex is the problem is to ask. "Tell him he's seemed dissatisfied during sex and you want to make sure he's enjoying himself," says Kerner. Then mention that you read in Cosmo that masturbating too much can make it hard to orgasm. By bringing up that you read this article, you'll let him know he's not the only one doing it, which will make him more willing to talk about it.

Once you've gotten it out in the open, the best course of action is for him simply to stop cold turkey. Motivate him by explaining that sex is better for you when he's able to finish and that you're open to having sex with him more often. Hearing that his habit is getting in the way of your enjoyment should kick his ass into gear, because guys take pride in being able to please you.

"If he is resistant, he may need to seek out the help of a therapist," says certified sex therapist Annette Demby, who specializes in compulsive sexual behavior. Over time, he'll get used to climaxing during sex again and be able to go back to masturbating, as long as he's not doing so multiple times a day. ■



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# Ask Him Anything

Advice from our guy guru, Jonathan Small



**QUESTION:** My boyfriend is extremely possessive. We've dated for a year, and in that time, I've never even thought about cheating on him. But he still gets upset when I as much as talk to other men. I've basically lost all my guy friends, and I'm fed up. How can I get him to understand that I'm not going to cheat on him?

**ANSWER:** In my book, there are two kinds of jealousy: the manageable kind, where the guy just needs a little loving reassurance when something makes him feel uncomfortable, and the ugly kind, where the guy would almost rather lock you in a cellar than allow you around members of the opposite sex. It sounds like your boyfriend is on the ugly side of the jealousy divide, and I'm not going to sugarcoat it: That's a real problem.

Why is he so jealous? Well, it could be due to a lot of things: immaturity, a previous girlfriend who cheated on him, or self-esteem issues. But no matter what the cause of his jealousy is, you need to keep in mind that you have every right to be friends with other guys and to talk to them. Period.

So try asking him why he's so jealous—like you said, you've never done anything to justify his feeling that way. If he can open up about it, great. You guys may be able to come to an understand-

ing and strengthen your relationship in the process. If, however, he reacts by denying his jealousy or accusing you of being unfaithful, tell him that you can't be with someone who doesn't trust you. He may interpret that as proof that you've had your eyes on other guys—it's twisted, I know—but that's not your problem. He has issues he has to deal with, and you deserve better than to be trapped in a jealousy cage.

**QUESTION:** The sex I have with my boyfriend is great, but I'm always the one initiating it. When I asked him about it, he said his ex always turned him down whenever he tried to have sex, so he got in the habit of never trying. Well, always being the one to start things is making me feel like a sex maniac. How can I convince him to make the first move?

**ANSWER:** My hunch is that your guy simply got into a bad habit with the ex, and now you're enabling that bad habit to continue. After all, why would he bother seducing you when you're always willing to seduce him?

Since guys can have fragile egos when it comes to sex, you need to do your best to handle this situation delicately. First, tell him how much it

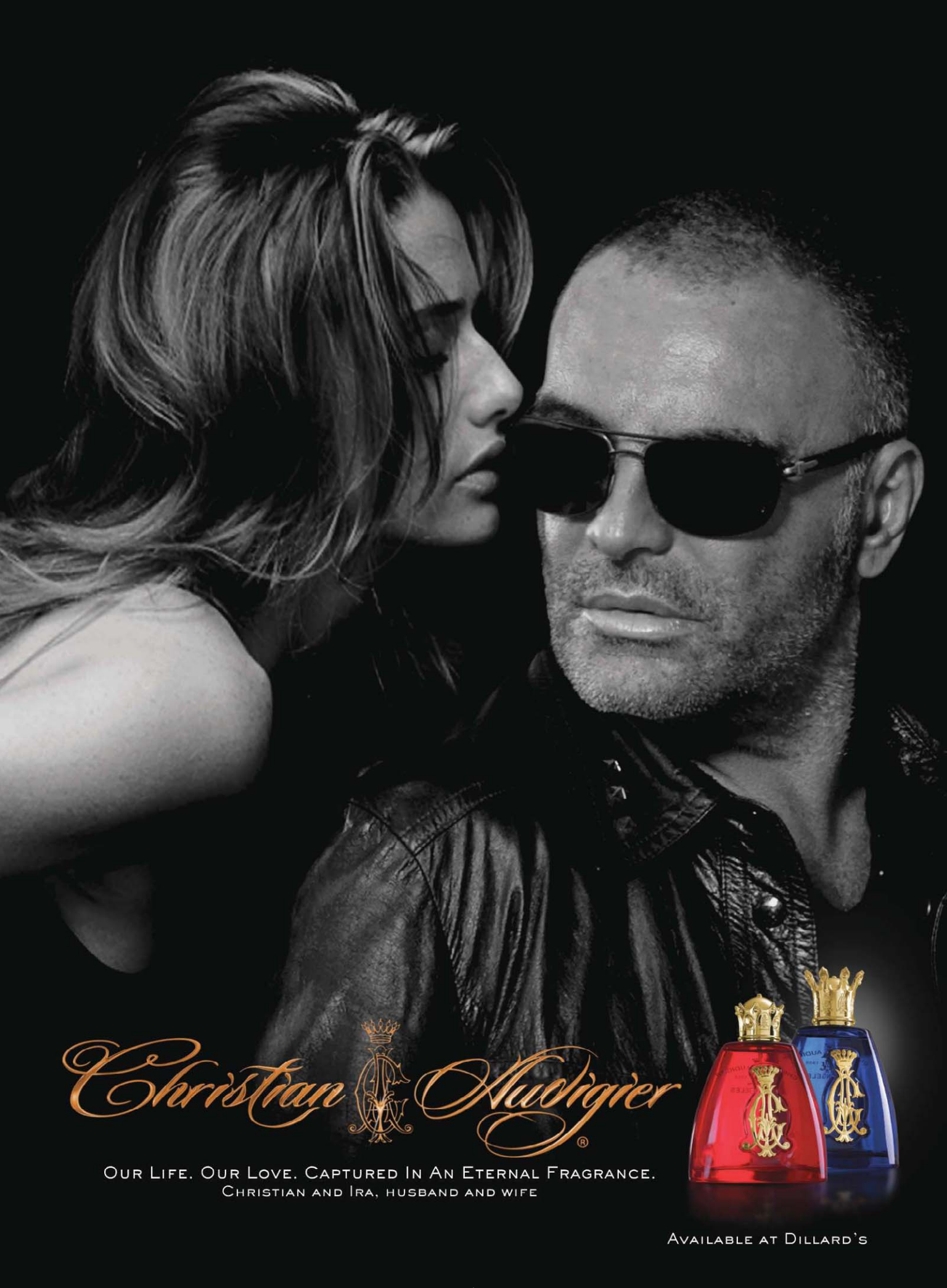
**Q** Things are going well with the guy I'm with, but I just found out that he once dated someone who was a model in college. Will he be disappointed that he's no longer having sex with a girl whose job it is to look sexy?

**A** Contrary to popular belief, models are not the sexual Holy Grail for all guydom. Many men think that models are too skinny, and besides, just because a woman is physically attractive doesn't mean she's good in bed—for all you know, he dumped her because she was a terrible lay.

And let's be honest: She wasn't modeling for Victoria's Secret. Instead, she probably did some local stuff at a mall or something. There's nothing wrong with that, but it's not a big deal. I'm sure he's not sweating her, so neither should you.

(Couple) **BLOSSOM BERKOWSKY:** Fashion editor: Maggie Hong; Hair: Carlos Vera for visionsofvera.com. Makeup: Viktorija Bowers using Benefit Cosmetics at Kate Ryan Inc. Manicure: Deana Blackwell for Mark Edward Inc. (On her) jacket: Spurr; (On him) jacket: H&M; tank top: Petit Bateau. (Male model) Stockbyte/Getty Images.





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# Ask Him Anything

turns you on when he takes charge, and lay it on thick—that may be enough to motivate him. If it's not, then you have to stop making the first move.

I know that sucks for you, but he may not initiate sex until he realizes that he has no other choice. So hold off for a week or two and see what happens. My guess is that he'll be confused about why it is you're not having sex—yes, guys can be that oblivious. Either he'll start pursuing you because his insecurities are eclipsed by his desire to get it on or he'll ask you what's wrong. If that happens, you'll need to explain to him that you've been *eagerly* waiting for him to seduce you. Be sure he knows how difficult it's been not to jump his bones so that he knows when he does make the first move, there isn't a chance in hell you'll say *no*.

**QUESTION:** My guy is always pointing out clothes that he'd like me to wear. Thing is, almost all the stuff he mentions is tight and revealing. I tend to wear modest clothing because anything else makes me feel self-conscious. How can I explain that without sounding like a prude?

**ANSWER:** I'm not even a little surprised that your boyfriend has a "less is more"

attitude when it comes to women's duds. Chances are, he isn't thinking about how daunting it'd be for you to wear a skintight top with a neckline open to your belly button; he's just thinking about how hot you'd look in one.

And that's a good thing! In the midst of stressing out about this, you seem to be overlooking the fact that your guy clearly thinks you've got a hot body. Whether the thought of wearing something revealing bothers you because you think you'd feel slutty, because you're insecure about being able to pull it off, or a little of both, your guy's desire to see you show some skin should make you feel good no matter what it is you're wearing.

I think you can meet him halfway without feeling too self-conscious. Next time he suggests something you wouldn't wear even if you were the only person left on earth, tell him that it's not your style, but ask him what it is he likes about it. (And make him give a more specific answer than "Boobs!") Then next time you're shopping, look for something that is in the same vein but doesn't make you feel uncomfortable. And as an added surprise for him, wait until the two of you are at home alone and give him a surprise fashion show with something racy that you'd never wear in public.

**QUESTION:** I met this guy at a bar recently, and we started messaging each other on Facebook.

**He's cute and cool, but I'm afraid he has a girlfriend or is gay because he doesn't list anything in his Interested In box. If a guy were straight and single, wouldn't he be eager to let the world know that he's into women?**

**ANSWER:** I think you're jumping to conclusions, big-time. Hell, maybe this is just evidence that he's secure enough with his heterosexuality that he doesn't feel the need to pound his chest and announce it every chance he gets.

And if he were dating someone, he'd have to work hard to prevent you from figuring that out by looking at his page. His girlfriend would be in pictures with him or write on his wall or insist that he change his status to In a Relationship.

Just because he's on Facebook, it doesn't mean he wants to broadcast the intimate details of his life to the world. (Look at his profile again. I doubt he filled in every field but this one.) There's something to be said for being mysterious; in fact, it may even be a tactic he uses. If so, it apparently works—look at how interested you are in finding out more about him. ■

COULD HE BE GAY?

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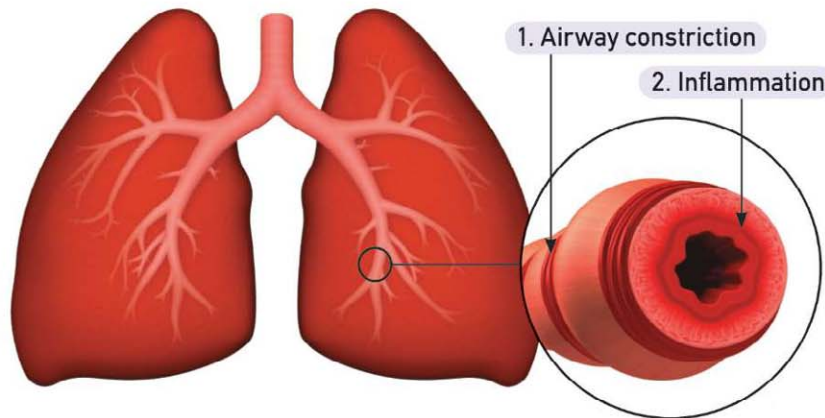
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### **Important Safety Information About ADVAIR DISKUS**

Prescription ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. ADVAIR is for people who still have symptoms on another asthma controller, or who need two controllers. ADVAIR contains salmeterol. In patients with asthma, medicines like salmeterol may increase the chance of asthma-related death. So ADVAIR is not for people whose asthma is well controlled on another controller medicine.

Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting beta<sub>2</sub>-agonists for any reason. If you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

\*Subject to eligibility. Restrictions apply.

<sup>†</sup>ADVAIR contains 2 medicines; other products may contain just 1.

**Please see accompanying Important Safety Information about ADVAIR DISKUS on next page.**





**What is the most important information I should know about ADVAIR DISKUS?**

- In patients with asthma, long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta<sub>2</sub>-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.
- Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.
- ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
  - breathing problems worsen quickly, and
  - you use your fast-acting inhaler, but it does not relieve your breathing problems.

**What is ADVAIR DISKUS?**

- ADVAIR DISKUS contains 2 medicines:
  - fluticasone propionate (the same medicine found in FLOVENT<sup>®</sup>), an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - salmeterol (the same medicine found in SEREVENT<sup>®</sup>), a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

**Asthma**

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

**Chronic Obstructive Pulmonary Disease (COPD)**

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

**Who should not use ADVAIR DISKUS?**

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

**Important Safety Information About ADVAIR DISKUS**

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

**What should I tell my healthcare provider before using ADVAIR DISKUS?**

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir<sup>®</sup> (ritonavir capsules) Soft Gelatin, Norvir<sup>®</sup> (ritonavir oral solution), and Kaletra<sup>®</sup> (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

**How do I use ADVAIR DISKUS?**

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

**Call your healthcare provider or get medical care right away if:**

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

**What are the possible side effects with ADVAIR DISKUS?**

- See "What is the most important information I should know about ADVAIR DISKUS?"
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - increased cough
  - fever
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

**Other common side effects include:**

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at [www.advaair.com](http://www.advaair.com).

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# 4 Gutsy Changes to Make in 2010

The New Year is the perfect time to take your game to the next level, and recent research has pinpointed some little tweaks that can leave you happier, healthier, sexier, and so in-demand, your cell phone may explode.

By Molly Triffin

► It's January, which means that everyone and their mother is thinking of ways to get a jump on the year ahead. Hitting the gym, getting organized, tossing all the clothes you never wear...they're all great goals (if a little, *yawn*, boring). But why not think bigger? Scientists across the country recently uncovered some truly incredible secrets about what causes our happiness and success levels to skyrocket.

The best thing about these breakthrough strategies is that, unlike hopping on the treadmill at 6 a.m. or weeding through your closet for hours, they're actually fun to put into action. From getting in touch with your inner bitch to wearing lingerie so risqué that Paris Hilton would gasp, these four changes will have a ripple effect on your life that'll be nothing short of awesome.

**DON'T WAIT!**  
Lots of people are setting goals this month, and that solidarity can help you reach yours.  
SOURCE: JOHN PORTMANN, PHD





# 1

## Be Bad More Often

We'll gladly take any advice that gives us the green light to naughty it up in the boudoir or let our bitchy side out of its cage. Luckily, researchers have discovered how good for you being bad is. "Breaking the rules is empowering," says John Portmann, PhD, author of *Bad for Us*. "It shows you that you have freedom to do what you want and are in charge of your life."

Remember how thrilling it felt in high school to sneak out or throw a party when your parents went out of town? Going against authority reinforces your independence, which leads to greater fulfillment. Don't get us wrong—we're not suggesting you rob a bank or get Marilyn Manson's face tattooed on your back. It's more about trying things that make you slightly uncomfortable. "You need to push out of your comfort zone in order to grow," Portmann says. "Thrusting yourself into new situations will teach you about yourself and what you're capable of."

Plus, you can feel an added rush just from getting a rise out of people.

Misbehave as much or as little as you want, but make sure you don't go so far out of bounds that you lose control of the situation or hurt others.

To jump-start your inner badass, speak up about things you might normally ►

Her gutsy change? She traded turtlenecks for minidresses.

keep to yourself. Approach a bigwig at work and share your brilliant idea, call out a rude salesperson, or voice your opinion in a meeting if you disagree with a coworker. "Not only will this increase your self-confidence, but you'll also gain respect from people," Portmann affirms.

Another tactic is to tell a white lie along the lines of flirting with a hottie if you have a BF or calling in sick when you feel like a million bucks. Physically scandalicious deeds qualify too:

Dance on a bar, order your guy to spank you, wear an insanely short dress.

Being a rebel pays off big. "Those who risk the most win the most," Portmann says. "Once you conquer your fear of doing things that aren't 'allowed,' you'll think more expansively and see angles that others overlook." Since you'll have fewer boundaries, you'll be open to possibilities, from pursuing an unusual career path to seeing the potential in a guy who's not your type.

"Being a rebel pays off big. Those who risk the most win the most."

## 2 Add to Your Crew

You know your friends influence things like how you dress and your going-out habits. But a series of groundbreaking studies from James Fowler, PhD, and Nicholas Christakis, MD, PhD, coauthors of *Connected*, discovered that your social circle plays a key role in determining way more than that.

It turns out that factors like health and happiness are contagious. If a friend loses weight, you're likely to slim down as well. If she's in a good place in her life, her newfound cheerfulness will rub off on you.

In fact, people within three degrees of us (that includes friends, friends of friends, and friends of friends of friends) have a major influence on how we feel and act. "We subconsciously pick up on cues from those around us about what normal, accepted behavior is," Fowler explains.

So how do you use this info to make your life amazing? First, beef up your network with positive people. "Our research shows that the more connections you have and the stronger those relationships are, the happier you'll be," Fowler says. Join a weekend sports

league, go to a swanky cheese tasting, take Italian lessons, throw a party and ask every guest to bring a new person with them—anything that'll bring fun people into your life.

Then make one single tweak to boost your own health and satisfaction. It can be something small, like eating more veggies or dancing like a maniac for five minutes every morning to psych yourself up. "Even just a slight change in your behavior gets fed forward to everyone you know," Fowler says. "I lost 5 pounds

and have made an effort to be in a good mood when I come home from work because I know that will impact the well-being of my family and friends."

When you become happier, your friends will become happier. And you're benefiting too, thanks to the bounce-back effect. Their high spirits may reflect back on you, improving your state of mind even more. According to Fowler, each additional cheerful friend you have increases your own satisfaction by 9 percent. It's karma, baby!

## The List You Must Start Today

Keli Goff, Huffington Post blogger and author of *Party Crashing*, explains why you should write down your goals...and begin to accomplish them this second.

There are plenty of things I'll never do—like run a marathon, since I have a policy of running only when being chased. Or swim with sharks, since... well, have you seen *Jaws*? But there are many experiences I want to have during my time on earth. And they are all on my life list.

A life list reminds you of the things you want to do before you die. These goals can be small, like taking salsa-dancing lessons, or they can be huge, like climbing Mount Everest. The important thing is that you write them down. It's like drafting a contract with yourself, making you far more motivated to go out and make them happen.

As I approached my 30th birthday last year, I not only compiled my list but also decided to dive right in. Or, I should say, dive right out... of an airplane.

When I told my friends, they were stunned—I'm not exactly Ms. Risk Taker.





# 3 Unleash Your Alter Ego in the Sack

Recently, relationship experts have been telling us that in response to the stressful economy, people are more likely to keep their relationships mellow and steady—think low-key dates and predictable sex that's more comforting than carnal. But studies have found that routine is chemistry kryptonite; couples who keep it fresh have the highest rates of satisfaction.

In a State University of New York at Stony Brook study, participants who engaged in a novel activity for just seven minutes felt more in love and happier in their relationship than those in a control group did. "When you try something new with your partner, the

same area of your brain lights up as when you first fell for the person," says Yvonne K. Fulbright, PhD, author of *The Better Sex Guide to Extraordinary Lovemaking*. "Experimenting lets you recapture that

**If you've been having mostly soft, slow sex, it's time to go animal on your guy.**

feeling of being new lovers—the giggles, the excitement, the thrill of getting to know each other."

It's time to shake things up, and we suggest starting between the sheets. During sex, act in a way that you normally never would. For example, if you've been having mostly soft, slow intercourse, go animal on your guy: Pounce on him, tease him, dominate him. On the other hand, if you're usually the initiator, be passive for a change, like by having him tie you up.

"You'll probably learn surprising things about your partner's sexual likes and dislikes," Fulbright says. "And even if you're not crazy about a certain technique, the challenge of tackling something different will still give you both a libido-boosting thrill." Either way, you'll end up with a smile on your face... and hopefully, an extrabig orgasm under your belt.

# 4 Take Time to Think About Zip, Zilch, Nada

When was the last time you set aside an hour to ponder, um, nothing? Daydreaming probably isn't too high on your to-do list, but it should be. According to Jerome L. Singer, PhD, author of *Imagery in Psychotherapy*, who studies daydreaming, this seemingly mundane activity prepares you for daunting future encoun-

ters, enhances creativity, and relaxes you. Very cool.

The most common daydreams have to do with upcoming work, social, or romantic situations, like a job review or a first date. "These serve as test runs for the real event, similar to rehearsing for a play," Singer says. "You can play out how you'd react in various scenarios. As a

result, you'll feel more prepared and confident."

Your brain can practice the tactic you'll use to ask for a raise, what you'll say when you approach your crush, or how to finagle sex in a slippery bathtub. So when the actual moment happens, you won't be as flustered as you might otherwise be.

And it's a good way to let off steam too. "Say you're angry at a friend. Imagining yourself having it out with her will calm you down so you'll be able to talk things out in person in a more rational way," Singer says.

Letting your mind roam also gets you thinking outside the box. "Many of the most creative people—great writers, ingenious scientists—engage in a tremendous amount of fantasizing," Singer says. "Einstein came up with the theory of relativity while daydreaming."

Because it's all make-believe, you don't have to worry about screwing up, so you can totally let your mind go—it's like mental recess. And when your brain has free rein, your chances of stumbling upon a brilliant idea are way higher. ■



Keli checks off an item on her list at 5,000 feet.

That's the point, though: Your list can be anything you want it to be.

As the airplane ascended, I wondered what I had gotten myself into. But once I jumped, I didn't stop smiling the entire way down. I felt like I could accomplish anything.

I still have so many other things on my list—and I know I'll add to it again and again—but beginning the journey has changed my life. So no matter what you want to accomplish, make 2010 the year that you compile your list. And then, as soon as you can, start checking off those amazing life experiences, one by one.

# CRAVE THAT? EAT THIS



If you crave:  
Ice cream  
Calories: 300  
(in 1 cup)  
Eat: Fat-free  
Greek yogurt with  
topping  
Calories: 150 (in  
a single-serving  
container)  
Skip the Ben and  
Jerry's and quell  
sweet, creamy  
cravings with  
low-fat yogurt  
infused with a  
tablespoon of  
honey or a sundae-  
like topping, such  
as sprinkles or  
chocolate syrup.



# YOU ARE DYING FOR SOMETHING FATTENING... BUT TRYING REALLY HARD NOT TO GO THERE. THESE FOOD SWAPS WILL SATISFY YOUR JONES WHILE KEEPING YOUR THIGHS AND ASS IN CHECK.

By Zoë Ruderman

Obviously, eating everything you desire will pack 'em on. But ignoring cravings isn't smart either; you'll just feel deprived and binge later. The secret is to satisfy your appetite for a specific food by swapping in a version with fewer calories that's similar in flavor and texture. Here, common cravings and the alternatives you can enjoy sans guilt.

**If you crave: Potato chips**  
Calories: **250** (a 1.5-ounce bag)  
**Eat: Air-popped popcorn**  
Calories: **60** (in 2 cups, popped)  
Popcorn provides the crunch you want when feeling snacky but without the grease. Jack up the flavor by sprinkling on chili powder, sea salt, or cinnamon.

**If you crave: French fries**  
Calories: **380** (in a medium order)  
**Eat: Baked sweet-potato "fries"**  
Calories: **180** (in 1 cup)  
Slice a sweet potato into sticks, mist with cooking spray, sprinkle with salt, then bake for 30 minutes at 350 degrees. These fries are full of vitamins A and C and allow you to give in to your salt and starch urges. And they're so flavorful, you can skip the ketchup, cutting out another 50 calories.

**If you crave: A Frappuccino**  
Calories: **240** (in 16 fluid ounces)  
**Drink: Coffee with condensed low-fat milk and TruWhip**  
(1 tablespoon each)  
Calories: **75** (in a large mug)  
These two low-cal sweeteners will make a regular cup of joe taste like a fancy coffee concoction.

**If you crave:**  
A slice of pizza  
Calories: **330**  
**Eat: A whole-wheat English muffin pizza loaded with veggies**  
Calories: **180**  
The most calorie-packed parts of pizza are the cheese and white-bread crust, so just sprinkle on part-skim cheese and pile sauce, sweet peppers, onions, or arugula on a whole-grain, lower-cal English muffin instead.



**If you crave:**  
Chocolate-chip cookies  
Calories: **400** (in two medium cookies)  
**Eat:**  
Dark chocolate  
Calories: **100** (in half a bar)  
Dark chocolate is so flavorful, a few squares are enough to satisfy your urge for something sweet and melty. Plus, dark chocolate has lots of antioxidants and is slightly lower in calories than milk chocolate.

**If you crave: Fettuccini Alfredo**  
Calories: **1,220**  
**Eat: Whole-wheat pasta with olive oil and Parmesan**  
Calories: **280** (in 1 cup)  
What's calling your name? Cheesy, carby comfort food. Get it via fiber-rich whole-wheat pasta topped with three spoonfuls (65 calories) of grated Parmesan and a teaspoon of olive oil, which is actually heart healthy.

**If you crave:**  
A bacon cheeseburger  
Calories: **550**  
**Eat: A grilled-cheese sandwich with mushrooms**  
Calories: **260**  
What you're after is a sink-your-teeth-into-it sandwich. Grilled cheese offers that experience, and a study found that mushrooms satisfy meat cravings for way fewer calories.

**If you crave:**  
A fast-food milk shake  
Calories: **400** (in a small cup)  
**Eat: Frozen yogurt**  
Calories: About **200** (in 1 cup)  
You will gratify your sugar jones, and you'll get the cold, smooth taste for fewer calories. Plus, eating with a spoon will slow you down.

**If you crave: Granola**  
Calories: **420** (in  $\frac{3}{4}$  cup)  
**Eat: Oatmeal**  
Calories: **120**  
(in one reduced-sugar packet)  
Granola is a sweet, grainy anytime snack or meal, but it's actually loaded with sugar and calories. Switch to oatmeal. You'll get a similar taste but without all the calories.

**If you crave: Chinese takeout stir-fry**  
Calories: **500** (in one serving)  
**Eat: Homemade takeout stir-fry soup**  
Calories: **280** (in 2 cups)  
Chinese is one of the most commonly craved cuisines after a night of boozing because your body craves salt, nutritionists say. Stir-fry also provides a ton of other satisfying tastes in one dish. Skip the rice, and put the same ingredients in soup broth made with just water and a beef or chicken bouillon cube.

SOURCES: DAWN JACKSON BLATNER, RD;  
NATALIE ROSENSTOCK, RD

You, Even Better

"Who does  
she think she  
is, the Queen?"

# When You Want to Bitch-Slap His Mom



So your guy's mother isn't the warm-and-fuzzy, cookie-baking parent who treats you like her own daughter. We've got your back. Here's how to deal if she seems out to get you.

By Molly Triffin

▶ No matter how fabulous you are, there's a decent chance that your man's mom might be a total beast to you. According to Terri Apter, PhD, author of *What Do You Want From Me? Learning to Get Along With In-Laws*, 60 percent of women report having a negative relationship with their guy's mother (compared to just 15 percent of men who say they have tension with their significant other's mom). "She's worried that you're going to usurp her role, and she has to adapt to no longer being the most influential female figure in her son's life," Apter explains. And sometimes she "adapts" by being critical, controlling, nosy, invasive...you name it. Save yourself the fury and headaches and be strategic right from the start.

### Don't Be a Pussy

Some women make the mistake of bending over backward to win a difficult mother's approval. "But this puts you in a subservient position that she can then take advantage of," Apter says. "It will be a challenge for you to stand up for yourself in the future." Rather, you have to walk the line between acting like an alpha female while also being respectful to her.

So without getting all up in her face, clearly express what you want. For example, say you're living with your guy and she declares that she's popping in for a last-minute weekend visit, which will mess up plans you already have. Tell her firmly yet nicely, "This weekend doesn't work, but let's get something on the calendar for next month."

### Suck It Up and Ask Her for Advice

One reason mothers and girlfriends frequently don't jibe is that his mom is freaking out now that her son has you and thinks she won't be needed anymore. To show her she's still relevant, occasionally turn to her

for guidance—like asking her to show you

how to make her famous tomato sauce. "She's looking for validation, and this conveys that you respect and admire her,"

says Malia Mason,

PhD, professor of management at Columbia Uni-

versity. Just be careful not to request her help *too* often or she might overstep her boundaries and start giving her opinion about every little thing.

### Refuse to Take the Bait

"My, your dress is tight!" she exclaims while giving you a once-over. Argh! We know it's damn hard, but if your guy's mom says something out of line, resist snapping back at her. Instead, deliver a calm, casual reply, like "It feels just right though. So how was your drive down?" When you act totally unfazed by her nasty comments, she'll realize that she's hitting a wall. And since you're not pushing back, the tension will eventually evaporate.

"Be the bigger person," Mason says. "Your attitude will set a good example and shame her into

being equally compassionate." And remember, she's antagonizing you because she's jockeying for power, not because she's evil (we hope!). Ultimately, you two have one major thing in common: You both love her son and want the best for him.

### Enlist Your Guy as Backup

Have you ever had a friend who dropped off the face of the earth after landing a boyfriend, getting so wrapped up in him that she forgot about everyone else? Well, that might be how your guy's mom feels now that he's coupled up. It's unfair, but his mom takes out her frustration about being disconnected from him by acting hostile toward you.

The solution? According to Apter, if your man makes her feel included, she'll chill the hell out. Encourage him to keep her in the loop, like by emailing her once a week with news about what he's been up to or inviting her to dinner from time to time.

It's also crucial that she sees what a strong team you and your guy are. So

ask him to work a couple of positive comments about you into convos with her—think giving you a compliment or mentioning something nice you did for him. "This shows her how much he loves you and is committed to you," Apter points out. "Knowing that he's happy will encourage her to respect you more."

You may not ever spend a lazy Saturday going shopping and getting a pedicure with her, but at least you can all get along. ■

**Call a Cease-Fire**  
If the tension between you is about to reach a boiling point, start asking her questions. This creates a back-and-forth and prevents you both from getting progressively more defensive.

SOURCE: MALIA MASON, PHD

It's  
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you and  
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guy are.

# What to Do If You Screw Up at Work



"The copy machine ate my memo!" isn't going to cut it.

These days, it feels like every mistake puts you at risk of a pink slip. But if you handle the fallout right, you'll land on your feet. Our cheat sheet explains whether to fess up or cover your ass.

BY MINA AZODI

You Screw Up By...	Cover Your Ass	Confess	Your Strategy
<b>Drawing a blank when your boss asks you a question.</b>		✖	Own up, but don't say "I don't know." Those words have a negative connotation. Instead, say "I'll look into it and have the information to you by the end of the day." You'll appear proactive, and your boss will appreciate that you didn't fake it with an answer that wasn't totally accurate.
<b>Skipping out early for happy hour, and the next day, your manager asks where you were.</b>	✖		Tell her you had a personal appointment—that private detail will keep her from probing further. Your boss doesn't want to get into your personal life; she just wants to know you're not taking advantage. Apologize, and say from now on, you'll give her a heads-up when you have to leave early.
<b>Forgetting to schedule a meeting.</b>	✖		Fix the situation with the other parties involved, then tell your boss that there was a "miscommunication" and give her the new time. Since rescheduling is so commonplace, your boss won't want to be bothered with the specifics, especially since you've resolved the problem for her.
<b>Sharing confidential work info with a colleague, and now your boss knows that the secret is out.</b>		✖	It's likely your supervisor will trace the leak, and you'll be screwed if she knows you broke her trust and then lied. Say "I'm sorry. I didn't understand this was private, and I will not make that mistake again." Your boss needs that assurance, but she may not forgive you right away. You'll have to prove you're dependable by acing future projects.
<b>Neglecting to contact a person your boss asked you to speak with about an assignment.</b>	✖		When your boss asks for the status, say "I haven't managed to connect with that person yet, but I'll try again." She doesn't need to know that the reason you haven't is because you flaked. Then get on it, and give your supervisor an update later in the afternoon.

SOURCES: CAITLIN FRIEDMAN, COAUTHOR OF THE GIRL'S GUIDE TO THE BIG BOLD MOVES TO CAREER SUCCESS; ALEXANDRA LEVIT, AUTHOR OF NEW JOB, NEW YOU



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a month.



Color with Natural Instincts and you're only 10 minutes away from blending away the gray and leaving behind healthy-looking shine. The antioxidant-rich, ammonia-free formula delivers color fast for shiny results every month. In fact, the more often you use it, the healthier your hair looks.\* So feel free to indulge. NATURAL INSTINCTS. IT'S ALL GOOD.

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Fit in 6 Minutes

# Get a Sexy Stomach

Beat the postholiday bulge with this fast, easy ab workout.



## Meet Your Trainer

Tracy Anderson is a top fitness guru who helps A-listers like Gwyneth Paltrow and Shakira sculpt a lean, sexy figure. Check her out at [tracyandersonmethod.com](http://tracyandersonmethod.com).

**TIGHT-ABS SECRET**  
While doing crunches, pull in your belly toward your spine. By doing this, you'll build flat—not bulky—core muscles.



## CRUNCH AND REACH

(1) Start with your shoulders off the floor, abs tight. Your knees should touch, with feet out to the side. (2) Reach your right arm toward your left knee, hold for a few seconds, and then return to start. Your shoulders should remain off the floor. Then stretch your left arm toward your right knee. That's one rep; do 15.



## PLANK WITH LEG LIFT

(1) Prop yourself up with your hands directly under your shoulders, toes flexed underneath you, and abs tight. Your body should make a straight line. Lift your right leg just a few inches off the ground, toes pointed. (2) Brace your abs to help you raise your right leg as high as you can, hold for a few seconds, then return to start. Do 10 times on your right, and then 10 on your left, eventually working your way up to 20 on each leg.



## TOTAL AB TIGHTENER

(1) Crunch up, with your left knee bent at 90 degrees and your right leg hovering about 2 to 4 inches above the ground. (2) Raise your right leg so that it is perpendicular to the floor. Hold for a few seconds, then return the leg to its original hovering position. That's one rep. Do 10 on your right, keeping your shoulders off the floor throughout. Then do 10 reps on your left.

## PLANK WITH KNEE RAISE

(1) Start in the basic plank position, with your left leg lifted slightly above the floor and toes pointed. (2) Tighten your tummy to bend your left leg, and lift the knee toward your armpit. The bent leg should be parallel to the floor, with the knee pointing to the side. Repeat 10 times on your left, and then switch to your right.







## GET YOUR **POWER** BACK

**When Olympic Snowboarder**

**Lindsey Jacobellis** needs to shed her cold symptoms, she counts on Vicks DayQuil Cold & Flu. The daytime, stuffy head, sore throat, coughing, fever, power through your day...medicine.



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You, Even Better

# Shameless Money-Saving Tricks

BY MINA AZODI



Surf and save.

## Get Any Outfit on Sale

Here's a sneaky yet genius way to snag a bargain on that pair of jeans or sexy dress you've been eyeing on a store's Website: "Forget" the item in your online shopping cart for a few days. Sometimes the retailer's system will automatically e-mail you a coupon, such as for 10 percent off, to nudge you to make the purchase.

## Dry-Clean for Cheap

It's sort of evil how practically everything has to be dry-cleaned, which costs you a ton. Unless, of course, you know this: January tends to be the cheapest month to dry-clean bigger items, like your duvet or puffy coat. It's a slow time for cleaners, so you can often score discounts—around 15 percent.

## REALITY CHECK



**THE HABIT**  
A grande latte every morning before work

=

**THE COST**  
\$1,061/year



**WHAT YOU COULD HAVE BOUGHT**  
A digital camera, a trendy watch, a pair of boots, a bottle of perfume, a handbag, and a leather jacket



Shelling out one of these can be painful.

How to...

## Spend Less Without Realizing It

Here's the secret to saving minus dealing with the hassle of a budget. All you have to do is pay for the majority of stuff with cash. Research has shown that people who choose bills over plastic spend less, simply because they can actually feel the money leaving their hands.

SOURCE: FINANCIAL EXPERT GALIA GICHON, AUTHOR OF MY MONEY MATTERS KIT

## An Easy Trick for Fast Cash

After the holidays, pretty much everyone has a gift card or two they're never going to spend (seriously, does your uncle *really* think you're a Bass Pro Shops kind of girl?). Lucky for you, now it's easy to cash in on a bad idea: Just sell or swap the cards on plasticjungle.com. The site will mail you a check for up to 85 percent of the original amount, or you can make a full trade for a new card to a store you actually shop at.



FEELING & LOOKING  
*THIS GOOD* OUTSIDE  
STARTS ON THE INSIDE.

Prebiotic FOS  
for healthy digestion  
in every formula.







No, not a coral reef—  
it's actually a  
supermagnified  
view inside a  
healthy vadge.



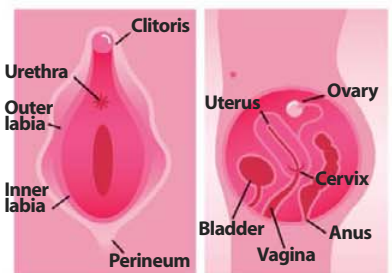
# Everything You Need to Know About Your Vagina

**Can sex stretch it out? Is it supposed to have an odor? And why does it feel so freakin' good when it's touched and stroked? Our hoo-ha handbook has all the answers plus secrets to staying in top shape down there.**  
By Zoë Ruderman

It has more nicknames than possibly any other female body part (sideways smile, anyone?), its own doctor, and the ability to bring you tons of pleasure—not to mention pain, particularly if you plan to have a baby. Yet the vagina remains a mystery to many. In fact, a Cosmo poll found that more than 60 percent of women say they don't know a lot about their vadge—which is unfortunate, because a new study reports that chicks who feel confident about their down-there area have more orgasms. So we've put together a list of 15 bits of info to boost your V-zone comfort level. These are the crucial facts about how it functions, keeping it healthy, and increasing the amount of bliss it brings you.

## **1 IT'S JUST ONE PART OF YOUR DOWN-THERE REGION**

Most of us use the word *vagina* to refer to our private parts. But technically, the term describes only the narrow canal that runs inside your body from the vulva (the visible area that includes the inner and outer labia, clitoris, and perineum) to the cervix (the lower portion of the uterus).



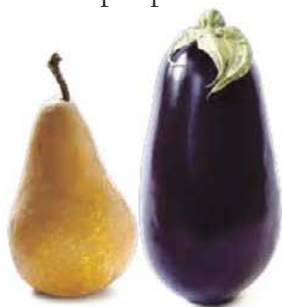
## 2 VAGINAS GENERALLY LOOK ALIKE

...On the inside, that is. What does vary is the vulva. The clitoris ranges from 1 to 1¼ inches (including the hood), the outer labia can be barely there or a few inches long, and the inner labia, which are reminiscent of butterfly wings, might be hidden or hang past the outer lips. Most women's labia aren't perfectly symmetrical—one side is usually bigger than the other.



## 3 THE SURROUNDING AREA OFTEN CAN BE DIFFERENT COLORS

The shade of your southern region isn't necessarily related to the tone of the rest of your skin. Many light-skinned women have brown or purplish labia, while a darker-hued chick can have a lighter vulva. You also can have different colors in different areas—for example, your labia could be on the darker side yet your perineum could be pale pink.



## 4 ITS WALLS ARE PLEATED

Usually, the walls of the vagina lie compressed against each other. But when they need to open—to accommodate a tampon or penis—the sides separate and widen, kind of like the way an umbrella opens or a pleated skirt unfolds. The vagina typically swells from half an inch wide to 2 inches wide. And it can get even bigger—after all, a baby might have to pass through it!

## 5 RELAX—A WELL-HUNG GUY WON'T STRETCH IT OUT...

As explained above, the vagina is incredibly elastic and can fit a supersize

penis—yet it always returns to its usual tightness after sex. But it might be a different story once you pop out a baby, as some moms say they do feel looser. You can tighten up by doing certain exercises (see number 7).

## 6 ...NOR WILL IT "REVIRGINIZE" IF YOU GO THROUGH A LONG DRY SPELL

There's a rumor out there that if you find yourself in a no-booty bout, your vagina will become so tight that getting back in the saddle will hurt. It's totally untrue. While your vaginal muscles may be tense at first, penetration shouldn't be painful at all.

## 7 IT BENEFITS FROM REGULAR EXERCISE

Just as working your biceps firms up your arms, working your pubococcygeus muscle—a main muscle of your

pubic region—can tone up your vadge. Besides giving you a tighter grip during sex, it also may make it easier to climax. Here's how to exercise your V: Clamp down as if you're stopping your urine flow, hold for 10 seconds, then release. Do 2 sets of 10 to 20 a day; you'll notice a difference in about a month.

## 8 IT'S TEEMING WITH BACTERIA

Don't get grossed out—they're the kind that keep bad microorganisms in check so you don't get an infection. One of the good bacteria is lactobacilli, also found in yogurt. In fact, some gynos say you can help cure a yeast infection by inserting a tablespoon of plain yogurt with live cultures into your vadge (put some on a tampon, and push it in).

## 9 IT'S SELF-CLEANING

No need to douche or wash the inside—your vagina cleans itself with discharge (yep, that stuff has a function). The secretions flush out cells from the vaginal wall, excess water, and bacteria. The only washing it needs is on the outside between the labial folds and along the perineum (use a mild, scent-free soap).

## 10 THE HAIR AROUND IT ISN'T NECESSARY

Back in caveman times, pubes



## Lady Parts in Pain?

Two very real yet poorly understood conditions can cause serious discomfort.

**Vaginismus** causes the vaginal muscles to contract involuntarily, making it difficult or impossible to have sex, use a tampon, even undergo a gyno exam. It can be treated via physical therapy and/or counseling but often gets worse before it gets better because women who have it stress out so much wondering what's going on before checking in with their gyno.

**Vulvodynia** is characterized by vulva pain, stinging, or sensitivity so intense that direct touch is hard to bear. There are no visible signs, and it's often diagnosed after gynos rule out other conditions, such as a bad yeast infection. Antidepressants can often help lessen the pain.

SOURCE: CAROL LIVOTI, MD



Looks like someone followed the advice in number 12.



shielded the vagina from bacteria and trapped odor to attract men. Today, we have clothes to protect us. And as for attracting a guy with your hairy crotch, the opposite may be true: Some guys are turned on by seeing a woman's bare V.

## 11 ITS SMELL GETS STRONGER DURING YOUR CYCLE

Speaking of scent, every vagina has one. It tends to be acidic before your period and pungent afterward. Your scent also may be more noticeable post-workout, because of sweat glands, and during sex, thanks to the natural lubrication you produce.

## 12 GETTING IT ON DOES IT GOOD...

Part of the reason sex feels so amazing: Hoo-ha stimulation, whether or not you reach an O, releases feel-good hormones. Some gynos also say that having an orgasm eases cramps—an awe-

some reason to hit the sheets with your guy or have solo sex when you have your period.

## 13 ...BUT TOO MUCH SEX CAN THROW IT OUT OF WHACK

While regular action can relax you, too much in a short period of time may leave you chafed or inflamed down south or with a urinary-tract infection. You're more likely to get a UTI if you do it on top or in missionary, since your guy's penis is super-

A normal amount of daily discharge is up to about 2 teaspoons.



close to your urethra and can push harmful bacteria in it. No need to give up these poses though; peeing postsex can keep a UTI at bay.

## 14 DISCHARGE CHANGES THROUGHOUT YOUR CYCLE

Your vadge produces more discharge—up to 2 teaspoons a day—during ovulation; it tends to be thinner and clearer at this time. Before your flow, it's creamier and thicker. If it ever itches, burns, stinks, or looks like cottage cheese, see your gyno.

## 15 THINGS CAN'T GET LOST UP THERE

Your vagina is not a black hole. It's impossible for anything (like a tampon) to escape into your

**Cooch, Kitty, Gina**  
...are just some of the pet names Cosmo readers gave their Vs. Our fave? **The Erupting Volcano of Pleasure.**

SOURCE: COSMO WEB POLL

uterus—the cervix blocks off access. But a tampon can slip out of reach. If one does, fish it out while squatting and bearing down. If that doesn't work, make an appointment with your gyno, who will pluck out the tampon quickly and painlessly. Note: Steer clear of putting food, even chocolate syrup or whipped cream, up there. The sugar can lead to an infection.

SOURCES: CAROL LIVOTI, MD, COAUTHOR OF *VAGINAS: AN OWNER'S MANUAL*; MARY JANE MINKIN, MD, CLINICAL PROFESSOR OF OBSTETRICS AND GYNECOLOGY AT YALE UNIVERSITY SCHOOL OF MEDICINE; ELIZABETH G. STEWART, MD, COAUTHOR OF *THE V BOOK*

## Designer Vaginas?

Some doctors say vaginal surgery can increase pleasure and improve appearance, but these procedures are rarely medically necessary, are hardly ever covered by insurance, and can cause nerve damage. (Besides, in our opinion, this is one thing that does not need improvement.) A few of the so-called corrections offered:

### Vaginal Rejuvenation ..... \$7,000\*

Aimed at women who complain of feeling too loose to enjoy sex, it involves tightening the vagina. The truth: No published studies show whether "rejuvenated" women feel more or less satisfaction.

### Labiaplasty ..... \$6,000

This can reduce the size of the inner or outer labia and even out asymmetrical lips. However, visibly asymmetrical and uneven lips are actually the norm.

### The G-Shot ..... \$1,550

It increases the size of the G-spot area via a collagen or cosmetic-filler injection; this supposedly intensifies sensation. Shots last three to six months. Beware: Its effectiveness is in doubt.

### Hymen Repair ..... \$5,000

This reconstructs the hymen, allowing a woman to experience the feeling of losing her virginity again. Hmm...pain, blood, and awkwardness a second time around? Don't sign us up.

\*COSTS ARE ESTIMATES; PRICES WILL VARY.

## Gyno News

### Fat and Fertility

If motherhood is in your future, it's a good idea to start watching your weight. A new study from the journal *Fertility and Sterility* found that women who were obese before 18 had higher rates of polycystic ovary syndrome, a hormonal disorder that affects an estimated 10 percent of

**Plan to be a mom one day? Keep an eye on the scale now.**



women. The condition can cause irregular or absent periods, making it difficult to get pregnant. This adds to a body of research suggesting that excess pounds are linked to lower fertility. Losing weight before you conceive, however, can improve your baby-making odds.

(Model) CHRIS CLINTON. (Horse toy) Lew Robertson/Getty Images (Illustration) ANDERS WENNGREN.

Say good-bye to white-sheet anxiety.

## Your Period Just Got Easier

### Smart tampon tips to prevent accidents and infection

**Pick the right absorbency for your flow.** Besides protecting you from leakage, it will keep your vagina from feeling chafed and dry, which

can happen if you use a regular or superabsorbent tampon on a light-flow day.

**Change it every four hours.** This will prevent accidents and avoid bacteria buildup that can cause infection. One exception is when you sleep. It's safe to keep a tampon in for eight hours, but change it first thing in the a.m.

**Stay away from scented types.** Deodorant tampons contain chemicals that tend to irritate delicate vaginal skin, causing itching and discomfort. Another reason to stick with unscented: You'll be able to tell if your normal vaginal odor seems off, which can be a sign of infection.

SOURCE: DEBORAH CHARFOOS, OB-GYN IN WEST BLOOMFIELD, MICHIGAN

### HEALTH HINT

**Smoking, even for just a few months, can increase your breast-cancer odds.**

SOURCE: STUDY PUBLISHED IN THE BREAST JOURNAL

### Q&A

## “Does my vibrator pose a health risk?”

Your buzzy buddy is a pretty safe ride.



There is a slight chance you could contract a bacterial infection from your vibrator (or any other sex toy, for that matter) if you don't wash it properly after each use. That's because bacteria can thrive on bodily fluids left on the surface. The next time you use your vibrator, you might introduce enough bacteria into your vagina to trigger an infection, says Debra Laino, a sex therapist and educator in Wilmington, Delaware. Wash it with soap and water within hours after you use it before putting it away.



## BREAST CHECK

# Winter Breast-Skin Sins

Ditch these bad pair-care habits when cold weather strikes.



Your fuzzy tops may be getting a little too cozy.

**Undermoisturizing.** The chilly, dry air of winter can dehydrate the skin on your breasts the same way it leaves your face and hands feeling rough and chafed. Slather on a moisturizer in the morning and before you go to sleep at night.

**Overdressing.** Heavy tops made with itch-inducing synthetic fabrics starve skin of oxygen and make you prone to rashes and breakouts. Wear thin layers of 100 percent cotton and other natural fibers that wick away sweat from your skin so bacteria can't accumulate.

**Putting off postworkout showers.** After a cold-weather run or bike ride, you may not feel as if you need to shower immediately, the way you do when you sweat in warmer weather. But perspiration buildup on your skin that's not washed away with soap lets yeast breed, causing a rash. If you work out indoors, showering will KO cold bugs you may have picked up via gym gear.

SOURCE: DERMATOLOGIST PEGGY FULLER, MEDICAL DIRECTOR AT ESTHETICS CENTER FOR DERMATOLOGY, CHARLOTTE, NORTH CAROLINA

HEALTH-BOOSTING HABIT

## Trouble snoozing? Take a hot bath. Steamy water lets your body relax so your mind can follow.

SOURCE: NATIONAL SLEEP FOUNDATION

## His and Hers

# “Why has my guy’s sex drive plummeted?”

If he's always had a healthy libido, a physical reason could be to blame, explains Harry Fisch, MD, author of *The Male Biological Clock*. Lack of sleep is linked to a lower sex drive, so if your man isn't getting enough rest, that may be the cause. Diabetes and high blood pressure as well as excess drinking also can affect a dude's ability to get an erection. Urge him to see his primary-care physician. Should he be given a clean bill of health, it's probably a psychological issue, like job stress.



If he's thinking about work, that'll do it.

## What Your Body Reveals

# Going Number 2 More Often



Could this be the reason for your restroom trips?

It's normal to have a bowel movement anywhere from three times a day to three times a week. But if you're going more than usual, blame a dietary change—you may be eating more fiber-filled fruits and veggies without realizing it or drinking more water, both of which speed up digestion, says Holly Phillips, MD, medical correspondent for CBS News. If consuming less of these doesn't help and you feel bloated and/or crampy, check in with an MD to be screened for a digestive disorder.

Just lifting something heavy could have ended Tiffany Fry's life.

**"ONE MINUTE, I WAS LAUGHING AT DANE COOK ON TV; THE NEXT, I COULDN'T SEE MY HANDS IN FRONT OF MY FACE."**

JONATHAN ROBERT WILLIS. Hair: Sam Hillis. Makeup: Megan Facenda. (Opposite page) courtesy of Tiffany Fry.



# “I SHOULDN’T BE ALIVE!”

*What’s it like to be on the brink of death and survive only because of one lucky break? These women describe every harrowing detail...and how the traumatic experience will affect them for the rest of their lives.*

**By Matthew Malone**

## **It was just a headache—**

although admittedly the worst one she’d ever experienced. So Tiffany Fry tried to ignore it. And if she hadn’t kept a lunch appointment with exactly the right person at exactly the right time, she might have gone on ignoring it until it killed her.

In some ways, we’ve all cheated death: You step back onto the curb just as a car speeds by and feel a rush of relief. But these three women escaped their fate in the most random way possible. They each found out in the nick of time that they needed immediate medical care to survive. They shared with Cosmo their stories of going from happy, healthy, and busy to deathly ill in the space of a heartbeat and how nearly dying changed everything.

## **Tiffany Fry, 32**

The Thursday night my life changed forever, I was at home lying in bed, watching TV. One minute, I was laughing at Dane Cook on *The Tonight Show*; the next, my vision turned snowy white, and I couldn’t see my hands in front of my face. It was absolutely terrifying. After about 20 minutes, my eyesight returned, but I was overcome by the most intense, pounding headache that I’d ever had. I was in so much pain, I curled up in a ball on the floor.

I’d had frequent migraines as a teenager, but this felt different. I figured I was too young for it to be something serious, though, so I didn’t go to the emergency room. Instead, I swallowed a bunch of pain pills—anything that might knock me out.

I should’ve known better. I’m a pharmaceutical rep for a drug company. My main clients are neurologists. I know a headache can be bad news, but you never think something terrible is going to happen to you—not when you’re 28 and healthy.

My head still hurt on Friday, so I didn’t go to work. But I did want to keep one appointment I had that day. It was with a neurologist client, and over lunch, I mentioned how I’d

been feeling. She said that she wanted to give me an MRI immediately but all her appointments that day were booked. Fate must’ve been on my side, because a woman scheduled for an MRI that afternoon had car trouble on her way there, and the doctor gave me her spot. It saved my life.

I was sitting in line at a McDonald’s drive-thru when the neurologist called with the results: I had a brain aneurysm, which is a bulge in the wall of a cranial artery. If it burst before doctors could fix it, I would likely die. I pulled into a parking space, in shock. It was like I was watching this movie where some sad sack was going to die, and I couldn’t believe it was me.

The next 52 days were pure hell. While we figured out how to treat it, I lived with the fear that any kind of exertion—picking up my toddler son,

Jackson, having a bowel movement, even sneezing—could cause the aneurysm to rupture and kill me. Meanwhile, my husband, Dave, and I weren’t getting along. I felt that he wasn’t being



## **Close Calls**

The average person will have five brushes with death over the span of his or her lifetime.

SOURCE: MORE THAN INSURANCE COMPANY SURVEY

supportive enough, not realizing he was probably scared to death too.

I ended up needing two surgeries, and during the first one, I almost had a stroke on the operating table. I had to face that even if I survived the next surgery, I might come out of it severely damaged, either mentally or physically. At my lowest point, I was so distressed, I almost wanted to let it go untreated rather than be disabled. But my second surgery was successful, and though I looked awful—my head was wrapped in gauze, and I had a bloody, crescent-shaped scar running from my scalp to behind my right ear—there was no permanent brain damage.

## Melissa Moser, 25

It was April 2006, and I was 22, looking forward to graduating from college in two months and marrying my fiancé, Brad, a few weeks later. So when I started having trouble breathing and doctors said I had pneumonia, I was bummed but figured that after a couple of weeks in bed, I'd get back to stuffing envelopes with wedding invitations.

Two weeks after the diagnosis, though, I still felt pretty crummy. One morning, I got out of bed in the house I shared with three roommates and knew something was seriously wrong. On my way back from the bathroom, I collapsed on the couch with a crush-

It turned out, I wasn't better. I was taken by helicopter to a bigger hospital, where they discovered that it wasn't pneumonia; it was a blood clot blocking 90 percent of both pulmonary arteries. Hardly any blood was moving between my heart and lungs. I had a disorder that made my blood clot too easily.

I was rushed into the operating room, and during surgery to remove the clot, my heart was put on a bypass machine. But when doctors tried to take me off the machine, my heart stopped beating properly—it was worn out from all the stress. They implanted a device to help keep it pumping, but it was a temporary fix and I was told I might ultimately need a heart transplant. Not only is that really rare at my age, but the five-year survival rate is less than 70 percent.

A few days later, when the surgeons went back in to remove the device, the damaged part of my heart started beating on its own. After what my heart had been through, its recovery seemed miraculous, and other doctors came in just to watch it beat.

Meanwhile, shortly after I first entered the hospital, four students and a staff member from my college were killed in a car accident that made news around the country. When I heard about it, I felt so guilty. Why did I survive when they didn't? I was so emotional that I kept asking my parents to come into my room to hold my hand.

But slowly, I got better and, by graduation, was even able to hobble across the stage using a cane. I got a standing ovation, and people told me afterward how my story helped them cope with the loss of those other students.

Then came the big day: my wedding. Brad had been so great all along—at one point, he said he'd marry me in the hospital chapel. But we had the wedding we'd planned, with my original dress fitted with longer sleeves to hide the IV marks and a sweater to cover most of the 10-inch scar on my chest.

Now, more than three years later, doctors tell me my heart has recovered

**“I LAY ON THE COUCH, BARELY MOVING, UNABLE TO WALK TO THE PHONE AND DIAL 911.”**

During my recovery, I slept 20 hours a day and had to use Post-it notes to remember even the most basic things. It took a long time for me to stop feeling like a victim. I mean, what did I do to deserve this? Eventually, a doctor told me that I needed to “mourn the pre-aneurysm Tiffany” and accept that I was a different person now.

The one thing I couldn't control was my marriage to Dave. Issues that had been simmering for a while ended up boiling over under the pressure of my life-threatening condition, and I felt like if we couldn't be there for each other under *those* circumstances, maybe we weren't meant to be together. We divorced this past September, but we have stayed friends and are committed to raising Jackson together. And every day, I'm happy that I'll be able to watch my son grow up.

ing pain in my chest, feeling like I was suffocating. All my roommates had early classes, so I lay there alone, barely moving, for 30 minutes, without the strength to even get up and cross the room to the phone and dial 911. I felt like I was dying.

Then I remembered that one of my roommates sometimes overslept. I mustered all my strength and screamed, “Jessica!” I was so relieved to hear her running down the stairs. I realized later that having a roommate who wasn't a morning person had saved my life.

At the hospital, my body just shut down. I went into cardiac arrest; my heart stopped. They had to use CPR to bring me back to life. Brad was waiting outside. The doctor, who spoke broken English, later said, “She died, but now she's better.” Brad was shocked.





to the point that you can't tell there was ever any trauma. I shouldn't run marathons, but hiking with Brad is fine with my doctors...and with me too.



## Austen Everett, 23

As a Division I soccer goalie for the University of Miami, I know how to take a beating. I've had nu-

merous concussions, and my body is a patchwork of bruises and scars. So when my back started to hurt in the spring of 2008, I just sucked it up.

But one day, my then-boyfriend, a basketball player, broke his finger at practice, and I took him to the emergency room. Once there, he convinced me to get myself checked out too. I'm lucky I did! They scanned my back and found a mass the size of a small football inside. I checked in to the hospital while they biopsied it and tried to figure out what it was. Finally, they sent a sample to a specialist.

While waiting for the results, I went back to school and just put it out of my mind. Then one afternoon, my mother called. I could tell by her voice that something was wrong—the only other time I'd heard that tone was when I had spent too much on my credit card. I honestly thought she was calling to yell at me about a dress I'd bought. But this wasn't about a shopping spree. I had non-Hodgkin's lymphoma, a form of cancer. It was at stage 4, which meant it had already started to spread. Only about 30 percent of people with advanced lymphoma live beyond five years. Those odds are bad enough... but if my boyfriend hadn't broken his finger, I might have waited to check out my back pain while the cancer spread. My doctors told me if I hadn't started chemo when I did, I would have been dead in about two months.

I hardly had time to process it before I was on a flight home to Seattle. Perhaps I'm naive, but I never really considered that I might die. I thought I'd go home, go through chemo, and be back on the field in no time. By about halfway through the 12-week chemo course, though, I was miserable.

It got so bad that I would just lie in bed, wrapped in a blanket, fighting a rolling stomach and aches in my bones. My gums bled. My mom took me to yoga one day, and I couldn't even do a downward-facing dog. My body, always strong and athletic, had withered to nothing. I sat in the middle of the class and cried.

After chemo, I returned to school with a shaved head, happy to be back and wanting everything to be as it had

been before the diagnosis. I've had to realize, though, that my body isn't what it used to be. I'm in remission, which is fantastic, of course. But it's also frustrating. It's been tough getting back in shape for the thing I love most: playing soccer. I'm still on the team and working hard, and despite the setbacks, I'm determined to get back to my old form and eventually play professionally.

This may sound strange, but despite the pain I endured, I don't look back with sadness or regret. I have a new appreciation for life. As I read recently in a book about surviving cancer, while one truth about the disease is many people die—and that's so daunting, it can be unbearable—there's also another truth: People live. I'm one of them, and I plan to make the most of it. ■

## Symptoms That Could Mean Something Serious

*Don't risk your life by waiting too long to check out a nagging health problem. Here are some times you need to take action.*

Symptom	See a Doctor If...	It Could Be...
<b>Headache</b>	<ul style="list-style-type: none"> <li>● The pain is sudden and severe (way worse than any past headache).</li> <li>● You have a stiff neck, rash, or fever.</li> <li>● You have had a recent head injury.</li> </ul>	<ul style="list-style-type: none"> <li>● An aneurysm.</li> <li>● Meningitis.</li> <li>● A brain hemorrhage.</li> </ul>
<b>Back Pain</b>	<ul style="list-style-type: none"> <li>● You have bowel or bladder problems.</li> <li>● The pain radiates down your leg.</li> <li>● It doesn't get better with rest.</li> </ul>	<ul style="list-style-type: none"> <li>● A kidney infection or stones.</li> <li>● A tumor.</li> <li>● A disc injury.</li> </ul>
<b>Stomach-ache</b>	<ul style="list-style-type: none"> <li>● The pain worsens within 12 to 24 hours.</li> <li>● You're vomiting blood.</li> <li>● You feel more comfortable when you're full.</li> </ul>	<ul style="list-style-type: none"> <li>● Appendicitis.</li> <li>● Food poisoning.</li> <li>● An ulcer or gastritis.</li> </ul>
<b>Shortness of Breath</b>	<ul style="list-style-type: none"> <li>● You are wheezing.</li> <li>● Your lips are blue.</li> <li>● Your heart is racing (especially if you're on the Pill).</li> </ul>	<ul style="list-style-type: none"> <li>● Asthma.</li> <li>● Pneumonia.</li> <li>● A blood clot in a lung.</li> </ul>
<b>Insomnia</b>	<ul style="list-style-type: none"> <li>● You've been stressed or anxious for several weeks on end.</li> <li>● Your weight changes dramatically.</li> <li>● You notice hair loss or dry skin.</li> </ul>	<ul style="list-style-type: none"> <li>● Depression.</li> <li>● A thyroid problem.</li> <li>● Sleep apnea.</li> </ul>

SOURCES: KARL WATTS, MD; JENNIFER WIDER, MD  
—ROBIN HILMANTEL

# The New Rules for Outsmarting an Attacker

*Your safety depends on small, split-second decisions... and experts say there are key strategies that will raise your danger IQ to genius level.*

BY MINA AZODI

▶ You only have to pick up a newspaper or turn on the news to be reminded that young women are often the prime targets of dangerous criminals. But it's not exactly cheerful to dwell on—so you might be tempted to put it out of your mind. Well, that can be a fatal mistake, according to those who study crime.

“You have to be mentally prepared for the worst-case scenario in order to avoid it,” explains David Givens, PhD, author of *Crime Signals: How to Spot a Criminal Before You Become a Victim*. And that means really mapping out ahead of time ways to prevent an attack...as well as what to do if danger does strike.

Lately, criminologists have been developing new tactics and mind tricks for maintaining your safety, so we got the lowdown on their most innovative, effective strategies. Consider these tips your mental Mace.

## Think Like a Cop

The U.S. Marine Corps recently developed a program that teaches recruits headed for Iraq to view themselves as the hunter, not the prey. This new mind-set fine-tunes their ability to detect danger...and steer clear of it. You can adopt that same “predator” mind-set to help you stay safe in your town. “Going on the offensive likely reduces levels of the stress hormone cortisol, which may help you stay calm and keeps your mind clear,” says Givens. Even if you're incredibly observant, you can't detect a threat if you're in fear of being a victim.

To reap the benefits of this strategy when you're walking alone late at night or driving on a deserted stretch of road, imagine yourself as a police officer trying to spot a potential thief or assailant, suggests Givens. Take a hard look at passersby or the other drivers, and ask yourself who gives off a shifty vibe that might signal criminal intent. This mental game will help you feel empowered and more in control, as opposed to feeling like a target.

## Always Take the Same Route Home

The old safety advice held that you should switch up your routine, particularly when commuting to and from work, so a criminal would be less likely to figure out where you live or ID when you arrive home every evening. But now experts say sticking to one route can give you an advantage.

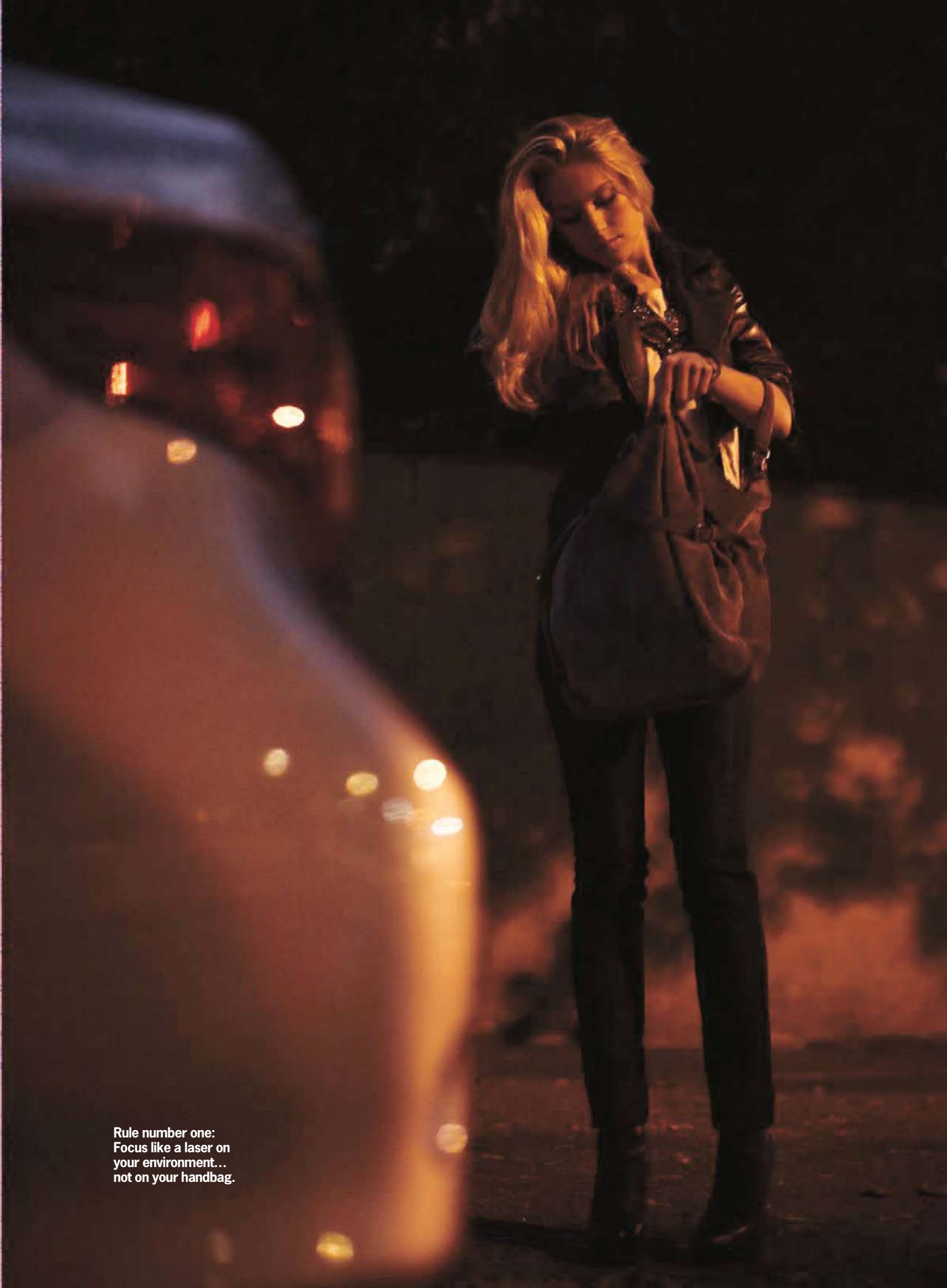
“When you take the same way home every day, you become familiar with who and what is typically on the street or in the parking lot,” says police Lieutenant Rima Sifri, crime-prevention coordinator at American University in Washington, D.C. “So if something in

## Don't Scream

It tightens your throat and tires you out. Instead, yell when in danger. A yell comes from the diaphragm, creating a louder sound with less effort.

SOURCE: POLICE LIEUTENANT RIMA SIFRI





Rule number one:  
Focus like a laser on  
your environment...  
not on your handbag.



## You have to actively engage your mind to observe your surroundings—so no iPod and no cell chats.

your environment changes, your brain will pick up on it more quickly and you can be extracautious.”

Boost your odds of noticing when something seems off by studying the small details of your commute: which lights are usually on in the parking garage of your office, who is on the street at the same time you are, and which cars are often parked near yours. “With practice, you’ll be an expert on your own itinerary,” says Sifri. As a result, your protective instincts will be sharper, because you’ll have very detailed knowledge of your environment to draw upon.

Still, you can’t passively expect your brain to catch all these tiny details. “You have to engage your mind to observe your environment,” says Sifri. That means weaning yourself off your iPod and saving cell-phone chats for when you’re home. These behaviors weaken your observational skills and also make you an attractive target for criminals.

### Have an Escape Plan

Your mind-set doesn’t just help you anticipate danger; it can actually influence events. That’s because mentally prepping yourself for a bad situation may reduce your odds of getting into that scenario in the first place. “Think-

ing through the actions you would take sharpens your instincts, so you’re less likely to be attacked,” says Givens.

To construct your plan, use what you’ve observed of your surroundings. Consider what you would do: Where is the nearest business you could run to for help? Where are the exits in the parking garage you frequent?

It’s also important to think through how you’d call the police without tipping off an attacker before he could grab your phone. “It’s smart to keep 911 on speed dial so you can reach an operator with one button,” says Sifri.

### Use Your Bad-Guy ESP

Although you can’t always spot a criminal by his appearance, you can often ID one by his body language. In fact, police are trained to look at body language to help them anticipate danger. “Knowing what to watch out for can clue you in to a potential threat so you can take action and avoid a predator before he strikes,” says former FBI agent Joe Navarro, body-language expert and author of *What Every Body Is Saying*.

First, it’s important to note how closely a person stands to you. A guy who’s up to no good will invade your space; if he’s within 3 feet, he’s testing to see how close you’ll let him get. “If this happens, tell him bluntly not to move closer,” says Navarro. “He’ll probably move on if he knows you aren’t an easy target.”

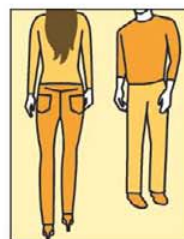
Other clues include subtly clenched fists, a reddening face, or a heaving chest—all signs of aggression, even if the guy is smiling or maintaining eye contact. “The nostrils will also flare when someone is about to attack, because they breathe deeply as they prepare to get physical,” says Navarro. And beware of a shoulder shrug. “The shoulder tends to drop just before a person lashes out,” says Sifri.

You can also use your own body language, particularly the way you walk, to protect yourself. “Criminals choose victims who appear meek as they move,” says Navarro. Avoid a slow, slumped gait in favor of tall, quick strides. “Look like you’re going somewhere, not just strolling, and swing your arms so you occupy more space,” says Navarro. “This makes you appear more intimidating.”

Perhaps more important, adopting body language that communicates strength has a psychological effect on you. “You’ll feel more confident, so you can tap in to that ‘predator’ mind-set that keeps you safe,” says Navarro. ■

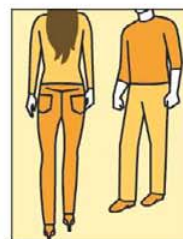
### TIP-OFF TO A THREAT

If a stranger stops you on the street, watch his feet.



#### NORMAL

His torso points toward you, but his feet angle the way he’d been walking.



#### AGGRESSIVE

He faces you dead-on, with one foot behind the other—a fighter’s stance.

SOURCE: JOE NAVARRO, AUTHOR OF *WHAT EVERY BODY IS SAYING*



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He's saying way more than just "Stay...."



# SURPRISING THINGS TOUCH CAN TELL YOU

*Could he be lying? Does she want to one-up you? Try this trick to figure out what people are thinking.*

BY MOLLY TRIFFIN

▶ Think about how much you *don't* say when you talk to someone, from telling your friend you are pissed at her to admitting to your crush you want to jump his bones. There's a ton going on in people's heads that isn't conveyed through words, which is why you have to look for other evidence to find the truth.

You know that body language is key to watch for, but there's another mind-reading tool that's less well-known but just as powerful: touch. A recent DePaul University study astonished researchers by showing that vast amounts of crucial information can be communicated in a mere five seconds of physical contact.

"Once you know which clues to pay attention to and how to interpret them, touch allows you to tune in to feelings that lie below the surface," says Matthew Hertenstein, PhD, professor of psychology and lead author of the study. We break it down, whether you are the one being touched or initiating contact.

### When You Touch Someone and They...

- Subtly tense up or draw away: According to research, there are three reasons why someone you're normally pretty physical with (a friend, sister, or BF) might avoid contact—they have a secret, they're lying, or they feel bad about themselves at the moment.
- Relax their muscles: It's a sign they want to get closer to you.
- Have unusually cold skin: This could indicate nervousness. Blood rushes away from the extremities and into the vital organs when we're scared.
- Feel very hot: They may be keyed up or sexually aroused.
- Touch you back the same way: You're mentally and emotionally in sync. People will mirror your touch when they feel deeply connected to you.

### When Someone Touches You and They...

- Stroke lightly: A gentle, slow touch usually means they are in a happy mood.

- Apply pressure: Firm contact indicates someone may be upset or excited.
- Press down on your hand, shoulder, or arm: They feel superior to you.
- Caress your face: This is superintimate...unless your guy does it all the time. In that case, it can actually be a controlling, possessive gesture.
- Squeeze you: This spontaneous touch reveals that someone is experiencing a strong, sudden emotion, like anger, exuberance, or fear.
- Hold your shoulder: A man who touches you here is attracted to you. The way the shoulder fills his palm is reminiscent of the shape and feeling of a breast.
- Pat you: They don't want to hear what you have to say. With the exception of a person who often pats everyone (then it's a mothering "there, there" gesture), a pat is dismissive. ■

SOURCES: JANINE DRIVER, PRESIDENT OF THE BODY LANGUAGE INSTITUTE IN WASHINGTON, DC; MATTHEW HERTENSTEIN, PHD; MARYANN KARINCH, COAUTHOR WITH GREG HARTLEY OF THE BODY LANGUAGE HANDBOOK; PATTI WOOD, AUTHOR OF SUCCESS SIGNALS

### ARM WRAPS, DECODED

Where he puts his arm around you reveals a ton.

Your shoulder: He's feeling possessive.

Your waist: He feels connected to you.

Your hips/butt: He's showcasing your sexual chemistry.

SOURCE: BODY-LANGUAGE EXPERT PATTI WOOD




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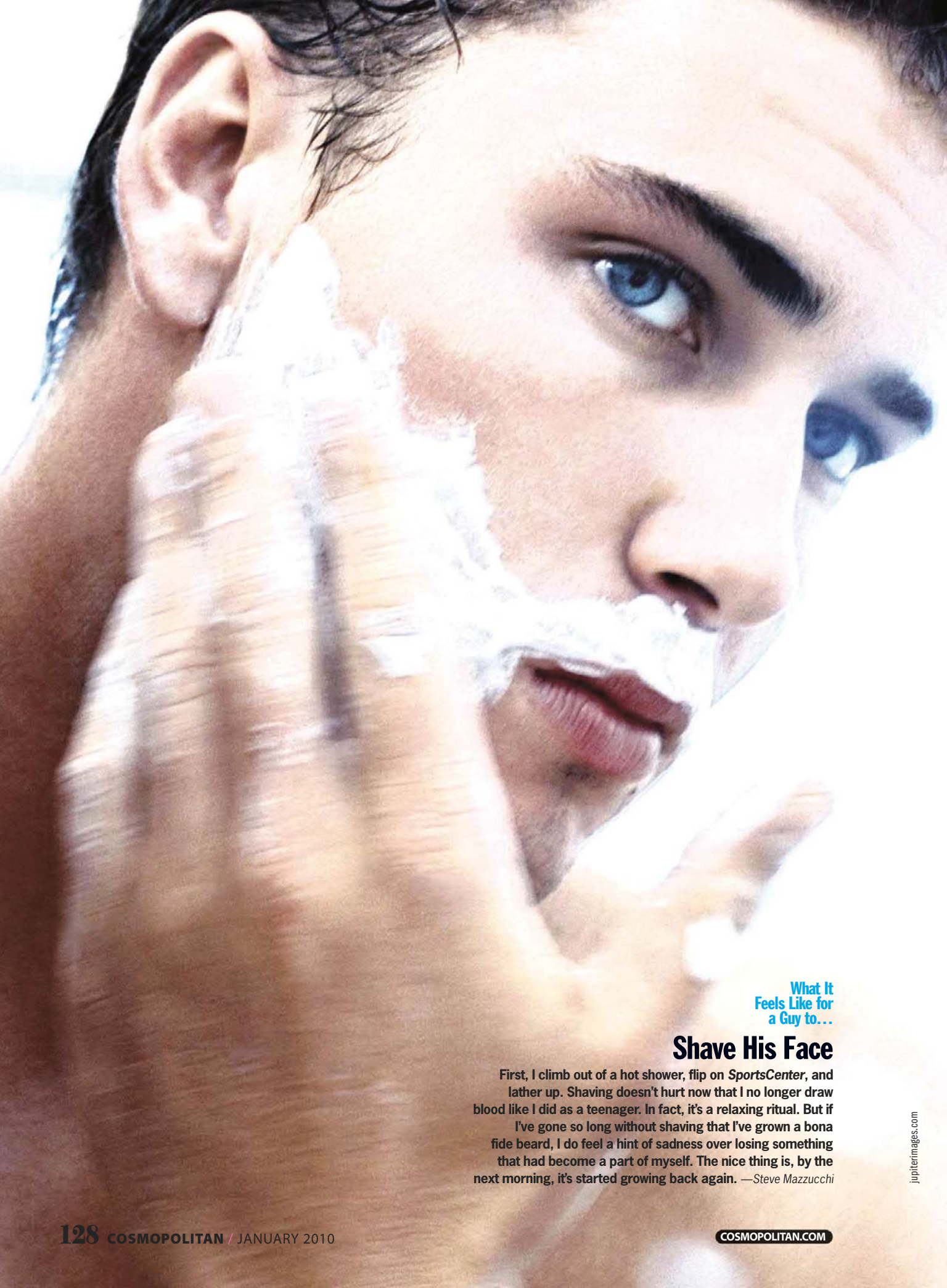
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What It  
Feels Like for  
a Guy to...

## Shave His Face

First, I climb out of a hot shower, flip on *SportsCenter*, and lather up. Shaving doesn't hurt now that I no longer draw blood like I did as a teenager. In fact, it's a relaxing ritual. But if

I've gone so long without shaving that I've grown a bona fide beard, I do feel a hint of sadness over losing something that had become a part of myself. The nice thing is, by the next morning, it's started growing back again. —Steve Mazzucchi



# WHAT IT FEELS LIKE TO BE A GUY

**We asked some of our favorite dudes to give us their unfiltered insight into what it's like living in their skin. Prepare to laugh, roll your eyes...and maybe even cry.**

▶ There are some sensations guys experience that you do not need to know about—continually gazing at boobs, eating 50 extraspicy buffalo wings just for the hell of it, using a bath towel that hasn't been washed in three years. But there are other things they go through that are completely fascinating. And unless you get some serious surgery, you'll never be able to experience them yourself.

Because we know you're curious, we asked eight guys what it's like to, well, be a guy. From having to stare down a girl's dad for the first time to what races through his mind when he's about to pound—or get pounded by—another dude, this will bring you as close as you can get to experiencing it all without actually having a penis.

**What It  
Feels Like for  
a Guy to...**

## **Be Secretly in Love With a Female Friend**

In a nutshell, it's like being tormented by a bully when you're a kid. Only instead of throwing me up against lockers, she gives me hugs. Instead of calling me names, she giggles in that way only she can. And instead of making me do her homework, she seeks advice about the guy she's dating... the one who isn't me. So I wait for the day she realizes she should be with me. Hey, a guy can dream. —Matt Christensen

What It  
Feels Like for  
a Guy to...



## Be Challenged to a Fight

If you've ever seen two guys shoving each other and shouting "You wanna go?!" while their friends do them the favor of looking like they're holding them back, you were in no danger of seeing real violence. That was two peacocks flashing their feathers.

Any man who is serious about a fight doesn't waste time. When I'm challenged by someone who's too drunk or too much of a dick to listen to reason, I move it outside by saying something like "I'll be in the alley." Once there, I take off my shirt so that there's less for the guy to grab on to...and hey, shirts are expensive.

My heart pounds in my chest, and my muscles ache with tension. Then my mind races: "I hope that bastard gets his ass out here. Actually, I hope he chickens out.... What if he knows jujitsu? Please don't let the cops show up. I should take him out at the knees and finish this fast. I can't let him destroy my nose—anything but my nose." Eventually, I shake my head to clear it, crack my knuckles, and try to get loose. All I am at that point is an adrenaline-pumping mass of anger and fear: fear of pain, fear of jail time...but mostly fear of failing to be a man.

—Matt Ufford

What It  
Feels Like for  
a Guy to...

## Meet Your Parents

I know that in my girlfriend's brain, introducing me to her folks is a serious relationship milestone that raises things to another level. And that's why it always makes me so uneasy.

Truth be told, meeting Mom isn't actually all that scary because I assume Mom will fall for the same charm that worked on her daughter. It's dealing with Dad that's terrifying. In his case, I assume he thinks I'm just using his daughter for sex. So to make myself seem as though I pose no threat to her virtue, I do my best naive Michael Cera impression, except with more discussion of football. Then I just try not to say anything too stupid.

—Myatt Murphy



What It  
Feels Like for  
a Guy to...

## Get Naked With Someone New



I'm well aware of my physical imperfections, and the weirdness of taking off my clothes in front of someone for the first time is never lost on me. But the moment my boxer briefs drop to the floor, there is one thought that eclipses all others: I want her to like my penis.

Sure, I also want her to dig my triceps and not mind the fact that I'm in no danger of having a six-

pack. But first and foremost? Penis. Don't get me wrong: I'm not saying she needs to mutter "Oh, my God..." with a wide-eyed look of awe on her face and then say "...it's magnificent." I'm just saying that it would really be the polite thing to do.

Oh, and I'm thinking all of this during the first millisecond I'm naked. After that, I'm only thinking about her being naked.

—Ky Henderson

## WHAT GUYS IMAGINE IT'S LIKE FOR YOU TO...

### ...Run With Boobs

"My package bounces around during workouts, so I'm guessing it'd be like jogging with two very large packages attached to my chest."

—Robert, 22

### ...Get Ready for a Date

"No matter how excited I was to look nice, it would be so boring to try on 18 different outfits that I would stop thinking it's at all worth it."

—Brad, 20

### ...Be Pregnant

"I don't even want to think about what it's like to give birth—at all—but I imagine being pregnant would feel kind of like you'd swallowed a live puppy."

—Eric, 34



What It  
Feels Like for  
a Guy to...

## Check On a Scary Noise at Night



I like catching spiders and mice, and I take pleasure in unclogging shower drains. They're things a man does for his lady, and it makes me feel good to do them. But of all the classic guy tasks a man can perform, checking out scary noises is my favorite.

Does my heart pound as I pad down the stairs? Sure. Does my mind start racing through every horror movie and home-security commercial I've ever seen? Absolutely. Do I need to tell myself over and over again that

"There. Are. No. Such. Things. As. Ghosts"? Yup. But the fear is part of the fun. I get to act all big and bad and brave and carry a baseball bat. And never, not even one time, have I discovered that a burglar, zombie, or alien was the source of the sound. That's why I love doing it: I'm able to bask in the glory of being totally undefeated against things that go bump in the night, and I don't even have to deal with any dead critters or gross clumps of hair.

—Chris Connolly

What It  
Feels Like for  
a Guy to...

## Do Something That Makes You Cry

It's the sharp inhalation that comes just before the tears, the one that tugs at her bottom lip, that ruins me. This isn't what I intended. I didn't mean to make her cry. Why did I do that? *Stupid, stupid, stupid.*

I'd like to say that as the first tear falls, all I can focus on are her beautiful eyes flooded with hurt. Instead, I'm for some reason suddenly keenly aware of everything around me: The room is too hot or too cold, a bird is chirping outside, my back itches. My brain is scrambled by shame and a mushrooming fear that I won't be able to make this better. I want to run away, partly because I'm a coward and partly because I'm supposed to protect her from the things that hurt her...and right now, that thing is me.

But I fight the urge to flee. I hug her if she lets me. I try to explain that what I did won't happen again or that I didn't mean it. And eventually, I say I'm sorry, because even if I wasn't sorry before she started crying, her tears end up changing everything.

—Jon Wilde

What It  
Feels Like for  
a Guy to...

## Be Inside You

First, you must understand what it feels like to have an erection. Most of the time, my penis is pretty much useful only for taking easy bathroom breaks. Getting turned on changes that. Suddenly, one small—er, I mean really huge—part of my body shuts down all brain activity so that I can focus on one purpose: to be inside a woman.

It's fair to say that the sensation of entering her is similar to what it's like when you put your finger in your mouth...if your finger developed 87 million extra nerve endings. It feels as though my penis has come home, but after a home-makeover show has remade my home into the most amazing home ever.

But wait. Being inside a woman is actually much better than that. It's like...a wet kiss on goose-bumped skin mixed with a luxurious Swedish massage multiplied by the high you get on a crazy drug that hasn't even been invented yet.

Only, it's better.

—Jason Mojica

### ...Wear a Thong

"There is no way in hell that it can be comfortable. It must be like suffering the most brutal wedgie you've ever had, only you can't remove it all day."

—Mark, 21

### ...Have Your Period

"I feel as if I'd never know when it was about to happen. I'd just be like 'Oh, no!' and sprint to the bathroom. Plus, I'd cry if I had to use a tampon."

—Jesse, 26

### ...Wear Makeup

"My face would get so itchy with all that pancake batter spackled on it. Also, I'd probably start assuming that I looked ugly without it."

—John, 33

WHY  
YOUR  
FAVORITE  
WORD  
SHOULD  
BE

“NO”



*Giving in to every request is guaranteed to leave you resentful and overwhelmed. Use our savvy tips to ditch your yes-girl habit and get back gobs of time to do whatever the hell you want.*

BY ESTHER CRAIN

► If you have ever accepted a dinner invite from a dull-as-rocks pal or let a sales clerk get you to buy a too-tight skirt, you're hereby diagnosed with doormat disease, i.e., an inability to say *no*.

Why does this little word pose such a problem? It has to do with a misguided impulse to play nice that doesn't do anyone any good, least of all you. Turns out, you'll have a better relationship with your friends, your guy, and even your boss if you say *no* more often. By the time you're finished reading this, you'll want to tattoo it on your forehead.

## Yes Is Like a Drug

You can blame no-phobia at least in part on the way the mind is hardwired. A study of female college students shows that when they cooperated on a project, the reward center of their brains lit up. So last week, when you reluctantly agreed to help your roommate shop for a New Year's LBD? Your brain may have been craving that helper's buzz the same way you crave a pint of Chunky Monkey.

It doesn't help that, culturally, girls are taught that being accommodating will make them more likeable. "As adults, women still fear that saying *no* will be interpreted as uncaring, and no one wants to come off that way," explains Yvonne Thomas, PhD, a psychologist in Los Angeles. But occasionally being viewed as a bitch is preferable to the consequences of saying *yes* too often.

## Sucky Side Effects

When you're reluctant to say *no*, the biggest loser is you. That's because you push your needs further down on your to-do list in favor of someone else's—like if you let a coworker guilt-trip you into proof-reading her report, then end up missing a deadline.

"You make things worse for yourself and convey that you don't value your own priorities enough," says Beth Wareham, author of *The Power of No*. Before long, people will realize that you can be persuaded to carry their slack. You'll get asked to do more and more favors. Each time you give in, your quality of life suffers.

The people closest to you will suffer too. When you agree to dog-sit for a neighbor, it subtracts time from seeing your guy or your friends, which breeds resentment on their part.

Finally, your yes habit reinforces other people's helplessness. Let's say an ex asks you to be his date for a wedding—making it harder for him to flirt with single female guests. By saying *no*, you'll give him a chance to move on.

## Say It Right

The general rule: Keep it short and direct. "I'm sorry, but I can't right now" works because it sounds polite, says Thomas, yet there's no room for negotiation.

On the other hand, explaining yourself too much and being wishy-washy—"I'm honored you want me to be a bridesmaid in your wedding, but I'm not sure I can make it"—leaves wiggle room for a pushy person to keep pressing you, says Wareham. A more definitive turndown: "I'd love to, but my money situation won't allow it."

When it comes to saying *no* to certain people, you need to be more strategic.

Take your boss, whom it's never smart to refuse outright. "Frame your *no* by saying, 'I'm excited to do that project, but I may not do a great job because there's so much in my in-box. Could you help me prioritize?'" says Nicole Williams, author of *Girl on Top*. "This shows that you are on her team and want to ace it, but so much is on your plate, you may not be able to." Saying *no* will leave you in better standing than if you'd accepted the assignment and done a less-than-stellar job.

Perhaps the most brilliant tactic is to master the preemptive *no*: when you get a hunch someone is about to ask a favor and, before they do, you go on the offensive. A friend gripes that she has a million things to handle before she moves? Deflect her with "I know! I'm so swamped too or else I'd offer to help you myself." Just remember not to mention that you spent the weekend clearing your DVR queue.

## HOW TO TURN DOWN YOUR GUY

If he's in the mood but you're not, let him know he still makes you hot with a sexy kiss and a straightforward "I'm so exhausted, I may conk out on top of you. Let's do it tomorrow."

SOURCE: YVONNE THOMAS, PHD

**Fun and  
Fearless**

**Fun and  
Fearless**

# Gag-Worthy Wedding Gowns

## Little White Riding Hood

Oh, my—is that  
Grandma's table-  
cloth she's wearing?

YIKES! THESE  
WACKY, SKANKY  
DRESSES WOULD  
TURN A WALK  
DOWN THE AISLE  
INTO A WALK  
OF SHAME. THE  
SAD PART: IF  
THEY'RE MAKING  
THEM, SOMEONE  
HAS TO BE  
WEARING THEM.

**By Mina Azodi**

## Sheer Skankiness

Nothing says *classy*  
quite like a see-  
through kimono and  
granny panties.

## Hello, Bubbies

Guess that's one way  
to find out whether  
your new father-in-  
law is a boob man.

## Like a Virgin

...If virgins got  
married wearing  
tacky faux corsets,  
that is. In our book,  
the honeymoon  
should start *after*  
the ceremony.





### Oh, Boy

Yeah, we get that the romper trend is huge, but wearing baby-doll pjs to your own wedding? Not so hot.



### Dress Gone Gaga

We love the Lady, but not even she could pull off a shaving-cream headdress.



### Ruff, Ruff

Note to future bridezillas: Sporting this many ruffles is totally for the dogs.

### Wedding Niptuals

It's safe to say that her "something borrowed" was not a bra.



### Cirque du Silly

If we didn't know better, we'd say she's heading to the big top, not the chapel.



### Holy Cleavage!

Let's hope those puppies get taped in before she attempts the electric slide.

# "The Naughtiest Thing I've Ever Done"

When her man refused to commit, she made him see how good he really had it.

BY ARIELLA GOGOL



She had one shot to get him back.

▶ It had been almost a year, and the guy I was seeing, let's call him Steve, still introduced me as his "friend Ariella." I knew this was bad news, but his adorable British accent, his habit of surprising me with flowers, and our unstoppable chemistry kept me hooked...until, finally, after nine frustrating months, I confronted him about his commitment-phobia. The four-hour conversation that ensued—punctuated by his dropping annoying phrases like "I just don't know what to tell you" and "I don't have it in me to be close right now"—only proved I was headed for heartbreak. I choked out, "Give me a call when you're ready and willing to get serious, but not before."

As the weeks passed, I couldn't help missing him but reminded myself that calling would only bring things back to the screwy way they were. So I tortured myself with Facebook, clicking through his updated pictures. Some of the women in them I knew, some I didn't. I imagined that each one

was his new fling, and she had somehow taken my place and inspired him to make a commitment. This quickly got old. After days of doing nothing, I realized it was time to take action. Just because we weren't talking didn't mean I couldn't send him a message. And if I knew one thing about my scared-to-settle ex, it was this: He's just as jealous as I am...if not even more.

Canon PowerShot in hand, I gathered a few of my closest friends and filled them in on the plan: a campaign of undetermined length to get him back with the same kind of pictures that were haunting me. Mondays, Tuesdays, Wednesdays—you name it—I was out and about while my BFFs lurked nearby and snapped away. Good-looking strangers at a bar,

flirty exes, and random acquaintances became pawns in my little game. I quickly learned that the innocent words of a guy friend in my ear required only a downward glance and seductive smile

to become a steamy, suggestive shot. The pics were posted on my friends' Facebook pages the next day, and I, the innocent, was tagged.

For 34 days, three times a week, we pushed on, all the while making sure to include one particularly hot male friend of mine on a regular basis to get that oh-so-torturous *are they or aren't they together?* vibe going.

And then it happened. First came an instant message and then a call from Mr. Elusive himself. "That handsome, blue-eyed man is making me sick," he blurted out.

After letting him express his fears that I had moved on and refusing to admit whether I was dating again, I told him it was now or never. Without hesitation, he said he was ready to give it a go.

The effort was totally worth it. He still gets distant from time to time, but there's never any flip-flopping on the fact that we're together. I'm finally introduced with the G word, and he's even bought pajamas for me to keep at his place. And if I ever feel unsure of my relationship status, I know that my girlfriends, cameras in hand, won't be far behind. ■

## LET'S JUST DEFRIEND...

Being FB friends with your guy can trigger needless jealousy because posts are so easily misinterpreted.

SOURCE: UNIVERSITY OF GUELPH STUDY





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# Bitch It Out!



## Next Stop: Pukeville

"My boyfriend and I were taking a three-hour train trip and had the pleasure of sitting next to these two giggly teenage lovebirds. They were literally all over each other the entire time."

—Christine, 23

## PAYBACK'S A BITCH!

## You've Been Housed!

"My ex was a complete a-hole to me after we broke up. To get even, I made a huge sign that read Adam Has a Tiny Penis. I knew he was out of town for the week, so I drove to his house and stuck it right in his front lawn. I imagine a ton of people saw it, considering his house is right by the main road."

—Jenna, 22



## InDDecent Exposure

"I was shopping at a department store when this woman decided to try on a bra in the middle of the store. Use the dressing room—especially when it's right next to you!"

—Staci, 18

When rude, obnoxious, or just plain ludicrous situations work your last nerve, there's only one thing to do: Vent here!



## Candy-Ass Come-On

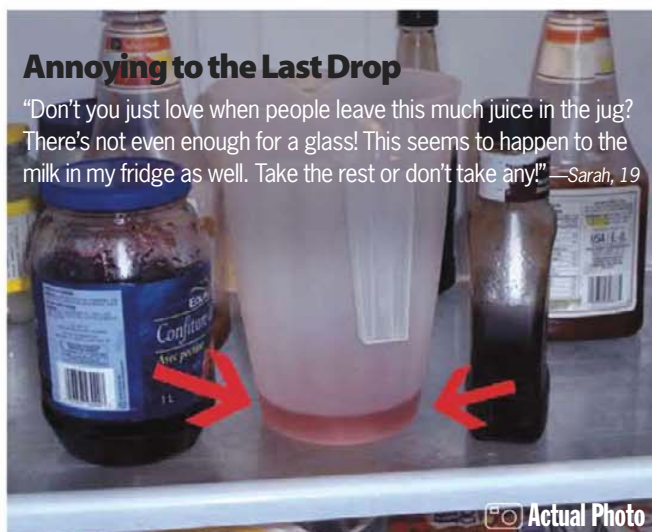
"As a waitress, I see tons of gross things, but this was just over the top. Not only did this guy hit on me the entire time I was waiting on him, but when he left, I noticed this creation he had made on his dessert plate, with his number conveniently left next to it. If you want me to call you, man up and stop acting like a child."

—Julianne, 23

## BITCH TIP

Space invader breathing down your neck when you're in line or at a crowded bar? Fake a sneeze, then as you're wiping your nose with the back of your hand, turn to the person and say, "This swine flu is a drag, isn't it?" You'll suddenly have yaaards of space.

SOURCE: SPEAKER AND THERAPIST RICK BRINKMAN, ND, COAUTHOR OF DEALING WITH PEOPLE YOU CAN'T STAND



## Annoying to the Last Drop

"Don't you just love when people leave this much juice in the jug? There's not even enough for a glass! This seems to happen to the milk in my fridge as well. Take the rest or don't take any!"

—Sarah, 19

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# Are You There, Chelsea?

**Hilarious author, comic, and Cosmo columnist Chelsea Handler will spout off on anything from one-night stands to her love of vodka. So who better to address the trendiest topics right now?**



Big smile; lots to say

## Celebs Who Are Bad Tipplers

I have a huge problem with celebrities who don't tip. I've spent plenty of time waiting tables, so this is a very sensitive subject for me. It's annoying enough to listen to a couple battle it out over whether they want the 15- or 20-piece wing platter without then having to pick up their leftover bones for minimum wage.

But when a celebrity comes in to eat, people expect that maybe they'll finally get to have a good night and make some extra money. Then suddenly, Miley Cyrus pays the bill and takes all the leftover change. So now you not only have to leave your shift without enough money to buy yourself a kamikaze shot at the bar, but you also got stiffed by Hannah Montana's double.

## Lowering the Legal Drinking Age

The subject of lowering the drinking age is a tricky one. I had my first cocktail when I was in third grade. I matured very early, so having a drink at that age was a given. I just needed something to take the edge off my full-time job as a college professor. I don't necessarily think that works for everyone. Obviously, there are lots of elementary-school students who

would act totally irresponsibly after an apple martini, so I don't want that to be the legal age-group. However, I know plenty of adults who can't handle their alcohol, and that's where we reach a fork in the road.

I think the drinking age should be subjective to the individual. If I had my druthers, starting at age 17, people would have to take a test to show how well they can handle their alcohol. If after a few drinks, you start to get sloppy, you're out. You don't get another shot—literally—until you're 21. But if you can handle a couple of Long Island Iced Teas, avoid any sort of public make-out session, and manage to get yourself home still wearing every piece of clothing that you went out with, you may continue to drink. Responsibly.

## Stars Who Get Collagen Lip Injections

The collagen lip injection is not something I approve of whatsoever. Thus far, I haven't seen it work out for anybody. Lisa Rinna looks like she could suck the Harry out of Hamlin, and there was a point when I saw a photo of

Meg Ryan and thought it was one of those cartoon-looking sketches of her that you get at the county fair.

If you think it looks weird on older women, take a look at Lindsay Lohan. Her mouth has gotten her into enough trouble...and relationships. No need to accentuate it.

## New Year's Resolutions

People who make New Year's resolutions are setting themselves up to fail. I've never been able to stick to one for more than 20 minutes, so I have given up on that ridiculous tradition. After you turn yourself right side up from that keg stand, think for a minute before you open your mouth and tell everybody what a big year it's going to be for you. Believe me, dolphins aren't interested in swimming with you, and so far, Habitat for Humanity has been doing fine without your help.

But if you are going to make one, here's a thought: Make it something you can actually achieve. If you plan to cut out dairy for a month, go for it. If you think you're going to be able to climb Mount Kilimanjaro by the end of March, good luck with that. ■

### CHECK OUT HER SHOW

Watch Chelsea dish the latest gossip and interview tons of celebs on her show, *Chelsea Lately*. It airs weeknights at 11 on E!





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## **SOME LIKE IT HOT**

Dress and belt, D&G; tights, Wolford, \$35; boots, Louis Vuitton; bracelets (on left wrist, from top), CC Skye, \$275 and \$185; Vita Fede, \$140; bracelet (on right wrist), CC Skye, \$130



# THE BOMBSHELL IS BACK

THIS SEASON'S BAD-GIRL GLAM  
COMBINES THE SEX-KITTEN STYLE  
OF MARILYN MONROE WITH LEATHER,  
LACE, AND MILES OF BLACK ON  
BLACK. 90210'S NAUGHTY BLOND,  
**ANNALYNNE MCCORD**,  
PROVES THAT THE RESULTS ARE  
ABSOLUTELY RAVISHING.

PHOTOGRAPHS BY  
MARKUS KLINKO AND INDRANI





## BOOTIE-LICIOUS

Jacket, My Tribe, \$325; top, Leyendecker, \$84; tights, Rodarte for Target, \$12.99; boots, Kelsi Dagger, \$120; necklace, Ben-Amun by Isaac Manevitz, \$345; bracelet (on left wrist), Elizabeth Cole Jewelry, \$242; bracelets (on right wrist, from top), CC Skye, \$275 and \$185; Vita Fede, \$140; ring, Landver



## **FLASHDANCE**

Bodysuit and shoes, Yves  
Saint Laurent; tights, Wolford,  
\$35; bracelets (from top), A.V.  
Max, \$20; CC Skye, \$175;  
Alexis Bittar, \$175; Ben-Amun  
by Isaac Manevitz, \$125







## STUD FINDER

Dress, Wet Seal, \$24.50; earrings, Jennifer Miller, \$125; bracelets (on left wrist, from top), Vita Fede, \$140; CC Skye, \$185 and \$275; ring, M.C.L. by Matthew Campbell Laurenza, \$520; bracelets (on right wrist, from top), JANIS by Janis Savitt; Alexis Bittar, \$175

**BEAUTY TIP:** For flawless crimson lips, swipe on a long-lasting but silky formula, like Estée Lauder Double Wear Lipstick in Stay Scarlet, \$22.





## FAN THE FLAMES

Bustier, Alice + Olivia by Stacey Bendet, \$396; pants, RE Collection, \$125; shoes, Yves Saint Laurent; necklace, Ben-Amun by Isaac Manevitz, \$345; earrings, CC Skye, \$150; bracelets (on left wrist, from top), CC Skye, \$275 and \$185; Vita Fede, \$140; bracelets (on right wrist, from top), Alexis Bittar, \$175; A.V. Max, \$20; R.J. Graziano, \$45



## LACE MEETS METAL

Bodysuit, Lover, \$311; skirt, Charlotte Ronson, \$145; necklace, Ben-Amun by Isaac Manevitz, \$125; bracelet, Vita Fede, \$115; ring, Landver

**BEAUTY TIP:** Vampy nails take your look to the next level of sexy. Paint Sally Hansen Insta-Dri Nail Color in Cinna-Snap, \$4.95, on your tips for a sultry night out.





## BLOND AMBITION

Jacket, bra, skirt, boots, and necklace, Louis Vuitton; bracelets (on left wrist, from top), Vita Fede, \$140; CC Skye, \$185 and \$275; bracelets (on right wrist, from top), R.J. Graziano, \$45; CC Skye, \$175; Alexis Bittar, \$175

Fashion director:  
Michelle McCool  
Hair: Ward for  
Living Proof  
Makeup: Tracy  
Murphy for KohGenDo  
Cosmetics at  
Jed Root Inc.  
Manicure: Ana-Maria  
for Onyx Salon &  
Spa/artistsbytimothy  
priano.com  
Set designer:  
Andrea Hulse  
See page 182 for  
shopping information.





# 8 New Sexy Essentials

These cutting-edge upgrades will bring the temperature of your wardrobe to just a few degrees past man-melting.


PHOTOGRAPHS BY  
OLIVIA GRAHAM

Jumpsuit, Ali Ro, \$280; shoes, Jimmy Choo for H&M, \$129; bag, Brian Atwood; necklace, Kenneth Jay Lane, \$150; bracelets (from top), Isharya, \$300; Lia Sophia

## #1 A JUMPSUIT

We love a bold staple that shows off your curves and can be worn anywhere.





Corset, Rory Beca, \$253; pants, Iodice, \$395; shoes, Donna Karan New York; necklace, \$295, and ring (on right hand), \$175, Alexis Bittar; ring (on left hand), Kenneth Jay Lane, \$100

**BEAUTY TIP:** Lift hair to bold new heights with a volumizing mousse. Scrunch a palmful of Garnier Fructis Style Full Control Mousse, \$3.99, through damp strands, and diffuse with your dryer.

## #2

### CUTOUT ANKLE BOOTIES

Revealing surprising stretches of skin takes already seductive booties into S&M territory.





### #3 A STRUCTURED MINI

Short but tailored, this flirty piece is perfectly suitable for work.

Jacket, Nanette Lepore, \$698; tank top, Falls, \$58.50; skirt, Tory Burch, \$250; shoes, Fendi, \$650; earrings, Wendy Mink Jewelry, \$170; bracelets, KARA by Kara Ross; ring, Lia Sophia, \$175





## #4 NEON ACCESSORIES

Whether they're on jewelry or handbags, shockingly bright colors make heads turn.

Dress, 3.1 Phillip Lim, \$450; necklaces (from top), Circa Sixty Three, \$170; Erickson Beamon, \$503; bracelets, Alexis Bittar





## #5 A STRAPLESS DAY DRESS

Stop saving your shoulder-baring dresses for Saturday nights. This look has been cleared for daylight hours.

Dress, Mink Pink, \$105;  
boots, Pour La Victoire,  
\$385; necklace, JANIS  
by Janis Savitt; bracelet,  
Barbara Bui, \$630

**BEAUTY TIP:** Make your skin dazzle by lathering up with a body wash that contains tiny light-reflecting particles. We like Nivea Touch of Sparkle Cream-Oil Body Wash, \$6.99, made with diamond powder.





## #6 A LADYLIKE BLOUSE

Well-behaved blouses are suddenly naughty when worn with skintight jeans or a postage-stamp skirt.

Blouse, Dolce & Gabbana; jeans, Black Orchid, \$114; belts, Leatherrock, \$100 and \$105; bracelet (on left wrist), Vita Fede, \$115; bracelets (on right wrist, from top), Elizabeth Cole Jewelry, \$463; Vita Fede, \$200; earrings, Ben-Amun by Isaac Manevitz, \$230





#7

## A STRIPED TEE

Horizontal stripes work with everything this season (yes, even bold prints!).

Shirt, Rodarte for Target, \$16.99; skirt, Topshop, \$90; necklaces, JANIS by Janis Savitt; ring, Kenneth Jay Lane, \$113

Senior fashion editor: Heather Pfaff  
Hair: Miok for Cutler NYC/Redken at Judy Casey Inc.  
Makeup: Susan Giordano for Dior Beauty  
Manicure: Myrdith Leon-McCormack at Ford Artists for m2m damorejon  
Set designer: Matthew Betmaleck Studio/[betmaleck.com](http://betmaleck.com)  
See page 182 for shopping information.



A woman with brown hair in a bun, wearing a black blazer over a white tank top, dark blue jeans with a studded belt, and red high-heeled shoes. She is holding a black clutch bag and has her hand near her face.

## #8 A TAILORED JACKET

Give Grandma your cardigans and go with a fitted blazer instead. Throw one over a tee to make your look razor-sharp.

Jacket, Bebe, \$149; tank top, DKNY Jeans Jrs., \$24; jeans, Rampage, \$29.99; belt, Leatherock, \$130; shoes, Versace; bag, Barbara Bui; earrings, \$119, and spike necklace, \$180, Ben-Amun by Isaac Manevitz; rosary necklace, Demitasse Jewelry, \$110; rings, Kenneth Jay Lane; necklace (worn as bracelet), Alyssa Norton





## RAINBOW SHADOW

Stacking up three bold colors is the daring new way to do a smoky eye. "This dramatic, fun look would be perfect for a night out partying," says Natasha Bedingfield. "I might even add some glitter."

# BIG, BRIGHT, AND BADASS

Step out of your safety zone, and go bold. Whether it's rocking radical shadow or pumping up your locks, the '80s revival is about taking risks. Unstoppable pop star **Natasha Bedingfield** shows you how it's done.

BY JESSICA R. WHITE PHOTOGRAPHS BY MICHAEL WILLIAMS





## FROSTED LIPS AND WILD NAILS

Striking the balance between feminine and edgy, this combo cranks up your notice-me factor. Natasha, whose new record is scheduled to drop early this year, became an instant fan, saying "I'd rock these two trends anywhere—they'd make any outfit pop."



## CRIMPTASTIC TRESSES

Never thought you'd be shopping for a crimper? Neither did Natasha. But the gotta-have-it texture quickly changed her mind. "This style really accentuates your wild side," she says. "It'll bring out your inner Debbie Harry."



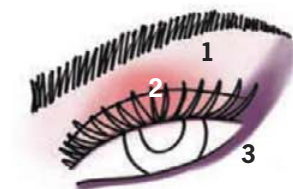


## RAINBOW SHADOW



Create this funky night-out look using pinks and purples, which pop on every skin tone. You'll need a light and medium shade from the same color family, plus a darker hue to add drama and definition.

**Get the look:** (1) Apply the lightest shade all over your eyelids, then from the inner corners up into the brows and to the outer edges. (2) Dot the medium complementary shade on the center of lids,



and blend upward and along your creases. (3) Use the darkest shade to line your upper and lower lashes; for a softer look, smudge color so it looks smoky. Finally, extend this shade from the outer corners of your lids diagonally to the tail of each brow.



## FROSTED LIPS



A nude color infused with a shot of shine is sexy and chic on lips. "The sparkle catches the light, making it attention grabbing," says celeb makeup artist Christy Coleman.

**Get the look:** Choose a metallic nude that's rich in pigment (skip sheers). For light skin, avoid too-pale nudes, which will make your lips look washed out. We like Avon Lipstick in Sheer Naturale, \$6.50, a bronzy shade. Play up medium and darker skin tones with gold or silver finishes, like YSL Pure Lipstick in Glazed Sienna, \$30.

## WILD NAILS

In-your-face adhesives (such as the cheetah print by Minx, here on Natasha) are impossible to ignore. And bright polish adds instant edge—think of it as the color equivalent of zippers and studs.

**Get the look:** Pick a hot graphic at a Minx salon (find one at minxnails.com) or paint on a vibrant lacquer. "Bright pink will never go out of style," says celeb manicurist Kimmie Kyees. Another updated '80s

trend: flecks of sparkle. "It's more grown-up than full-blown glitter," says Kyees. Look for light-reflecting pearled formulas (such as the options below). And go slow to get a clean line around the edges.



Four (of the nearly 200) sexy Minx patterns



## CRIMPTASTIC TRESSES



Have hair so fine or straight that you're afraid it could never reach '80s proportions? A little crimping will be your secret volume- and texture-producing weapon, says celeb stylist Ted Gibson, who added fierce height to Natasha's mane. And when your locks are wild and untamed, you're likely to feel the same way.

**Get the look:** Rather than crimping your entire head,

which screams *old-school* '80s in a bad way, leave bangs and roots straight, and crimp random sections, stopping an inch short of the ends. This will add enough bulk without leaving you look-

ing like a Def Leppard fan. Another awesome option: Pull strands into a ponytail, and crimp the tail for a rock-star vibe. But skip this trend if you have thick hair; extra texture will appear frizzy, not sexy.



Ti Creative Styling Mini Crimper, \$35



Rihanna

Boisjerie/Sipa

# HIGH-IMPACT HAIR

Plain Jane color and barely there highlights too quiet for you? Take a cue from these celeb trendsetters and really trick out your strands.

BY KATE SANDOVAL



*It's a new year (hell, it's a new decade!), so let's shake up that same-old hair hue. Three statement-making looks (shown here on some supercool chicks) will kick you out of your color comfort zone and into a more awesome age of edgy. Of course, amping up the drama means getting a little help at the salon (you don't want to ring in 2010 looking crazy), but you can also mimic the looks at home temporarily. Either way, it's time to get your gutsy on.*

(From left) imaxtree.com; Jordan Strauss/WireImage; Spread Pictures/Fame Pictures.

## DRAMATIC TWO-TONE

Whether you have one or a ton, standout streaks in a polar-opposite shade scream *notice me now!*

**Try some color foreplay:** Sample the drama without the commitment by adding a few removable hair extensions (we like HairDo 5-Piece Fine Line Set, \$43). The pieces come in a bunch of shades (pick a contrasting color) and widths—2-inch versions offer the most in-your-face effect. (You can trim them to match the length of your real hair.) And you don't need a cosmetology degree to attach them. Simply snap open the comblike clip, position it at your roots (teasing your hair keeps the piece in place), then snap it shut. "Place it under a layer of hair to conceal the it," says Kari Hill, colorist at the Serge Normant for John Frieda Salon in Los Angeles. Of course, the more pieces you put in, the more dramatic your look will be. Two locations to consider: near the front of your face at your temples (they will show up even if you

tuck your hair behind your ear) and at the nape of your neck (they will stand out when you pull all your hair in front of your shoulders or push it off to one side).

**Now go all the way:** DIY highlighting and dye kits—made for tiny transitions, like going from dark to light brown—lack the bleach strength or pigment concentration of pro formulas, so call your colorist to get these contrasting tones. "Short hair looks great with lots of fine highlights on top, while long lengths are better paired with thick bands of color near the ends," says Hill. Like Rihanna's look? Ask for blond highlights from your bangs to your crown. If chunkier color (à la Ciara and Avril) turns you on, get 1- to 2-inch golden (for brunets) or chocolate streaks (for blonds) through under-layers.



ELIE SAAB



Ciara



Avril Lavigne



Rachel Bilson



Hilary Duff



## ROCKER ROOTS

Overgrown highlights are the inspiration for this sexy, rebel-chic look: a dark-at-your-part shadow that transitions into lighter, brighter ends.



**Try some color foreplay:** Lots of brands make pens packed with temporary hair color, which tint roots until your next shampoo (our favorite: ColorMark TouchBack, \$29.95). Choose a matching shade, then apply like you would a marker to darken hair. For a longer-lasting effect, smooth a tinted shampoo (such as L'Oréal Professionnel Colorist Collection, \$15) along roots from ear to ear, parting and applying as you go. Leave it on like a hair mask, and rinse after 20 minutes. Or there's always the lazy girl's approach: Sit back and watch roots grow out. It takes two months for a noticeable inch.

**Now go all the way:** Ask your colorist for highlights (at least three shades lighter than your natural tone) that start an inch from your scalp as well as low-

lights (which match your true hair hue) along roots. Expect to sit in your colorist's chair for about half an hour, the time it takes to create the key feature of this look: strands that get lighter as you reach the ends. The contrast not only creates the illusion of darker roots but also looks natural. "When you let streaks grow out, the ends have months, even years of bleach buildup," says Marie Robinson, a colorist at Sally Hersherberger, in NYC. Roots will appear darker and darker with time, so wait at least 12 weeks before your next touch-up.

If bleached zones start appearing brassy—blame the oxidation process of air plus the buildup of minerals in your water, says Robinson—apply L'Oréal Brass Banisher Color Balancing Gloss Treatment, \$9.49, to neutralize the orange tones.



## ICY BLOND

Like the Red Bull of hair color, a platinum tone ratchets up that infamous have-more-fun 'tude.

### Try some color foreplay:

Showering with a purple-tinted shampoo or conditioner (two great options: Clairol Shimmer Lights Shampoo, \$9.99, and Redken Blonde Glam Perfect Platinum Color Enhancer Conditioning Treatment, \$17) can catapult light blond hair to platinum heights. "It's all about the color wheel," says Kelly Van Gogh, celeb colorist in NYC. "The opposite of yellow is violet, which cancels out any golden tones." Let the conditioner penetrate for two minutes, then rinse completely to avoid a Smurfette-blue tint.

**Now go all the way:** This totally unique white-blond shade stands out in the sea of buttery, multi-tonal blonds. "The cool, mono-tone hue looks best on fair-skinned girls, who have com-

plementary cool undertones," says Van Gogh. If your current color is within the golden-blond to medium-brown zone, your colorist will opt for a double process:

Your pigment will be stripped with bleach then followed up with a white-blond toner for tons of sexy shine. Darker hues require two or three stages of lightening, each separated by a week to prevent a fried, damage do.

Either way, you'll need to beef up your conditioning routine once you get home. "Bleach makes hair porous, so it's less able to hold on to moisture," says Van Gogh. Sub your usual conditioner with a deeper treatment (try Biolage Color Care Therapie Delicate Care Masque, \$20) every other wash. And apply a leave-in version before a heat-styling session.



**DIY glosses in colored and clear forms can instantly refresh your do. Here's which to use for your new look.**

### DRAMATIC TWO-TONE

☐ Colored ☒ Clear

Keep strands gleaming from roots to tips with a dose of Clairol Shine Happy, \$8.99.

### ROCKER ROOTS

☒ Colored ☐ Clear

A dark gloss makes roots pop, while a blond version cuts brassiness. John Frieda Luminous Color Glaze, \$9.99, comes in both shades.

### ICY BLOND

☐ Colored ☒ Clear

Add luster sans warmth with Wella System Professional Luminous Booster, \$28.

Anna Faris

Gwen Stefani

ANNA SUJI

# cosmo life

## Weekend

BY BETHANY HEITMAN

### Hit a Low-Key Bar

Finally, an excuse to wear something totally comfy on Saturday night. Trend reports show that the hot thing to do right now is hang at a dive bar. Skip getting gussied up in a tight dress and heels for a club or lounge, and check out a neighborhood joint with your pals. Thanks to the casual atmosphere, you'll actually be able to catch up instead of having to scream over the music and dealing with a crowded bar. Plus, there are usually fun games, like pool or darts, for you to play.



Oh, and you can meet hot guys at the pool table too.

### Curl Up With These

On Sunday, lounge under the covers a little longer. New thrillers coming out this month are perfect to cozy up with on a lazy morning. Try *The 13th Hour*, by Richard Doetsch, in which a guy accused of murder gets to go back in time to piece together, hour by hour, what happened. Or pick up *Veracity*, by Laura Bynum, a story about an act of terrorism that wipes out half the world.

### Relaxation Pointer

A study found that people who stay engaged at work are happier at home during time off. Bust your butt at the office on Friday so you can have a better weekend.

### Sexy Dinner With Him

Big foodie trend: pumped-up mac and cheese. Hole up with your guy, and try this recipe from MacBar, in New York City: Heat 2 T melted butter with 2 T flour on medium for 5 minutes. Add 2 c. whole milk and ½ c. heavy cream; simmer for 10 minutes. Reduce heat, and add 3½ oz. mascarpone, ½ c. fontina, a pinch of cayenne, salt, and pepper. Pour into a baking dish with 1 lb. cooked macaroni, 1 clove minced garlic, ½ bunch basil, ½ t. red-pepper flakes, ½ t. olive oil, and 1 diced tomato. Mix. Top with ¼ c. grated whole-milk mozzarella. Bake at 400 degrees for 20 minutes, until top is golden.

### Music to Get Ready To



Lady Gaga



Madonna



# Weekend You and Him

BY JESSICA KNOLL

## Cuddly Night Together

### Watch a So-Bad-It's-Good Movie



"I don't think this was actually meant to be a comedy."

Nominations for the 30th Annual Razzies (i.e., where Paris Hilton "films" go to die) will be announced this month. And to celebrate the awful awards, we suggest you and your guy rent something ridiculously horrific. Bad (but watchable) movies are a blast to see with someone else...and most dudes would happily take Keanu Reeves' hilarious performance in *Point Break* over a weepy romantic movie any day. For inspiration, type the phrase *so-bad-they're-good movies* into Google to pull up lists from sites like Amazon and Wikipedia.

Hopefully, he's not listening to a best of Britney playlist.



## Fun, Fearless Way to Meet a Guy

Target a hot guy in headphones at your gym or while riding the bus, and get close enough that you can overhear his iPod. Tap him on the shoulder and gush that you *loooove* the song he's listening to so much and you need to know who sings it...then ask if he has any other cool music picks he'd recommend.

## Tap In to Your Guy's Weekend Brain

### Three Questions He Secretly Wants to Ask You

"Will your ex be there?"

Going out on your turf makes him feel vulnerable and insecure.

Work clothes are a uniform... but he's not so sure about his weekend wear.

"Do I look okay?"

"Am I good?"

More thought goes into week-end sex, and he wonders if he's satisfying you.

SOURCE: AVA CADELL, PHD, FOUNDER OF LOVELOGYUNIVERSITY.COM

## His Pet Peeve

"She orders something healthy at dinner but then ends up eating all my french fries." —Mason, 21



# cosmo life at your place

BY VICTORIA P. LOWE

## Desserty Drinks

The holiday season means it's totally acceptable to indulge. So we asked hot spots from around the country to share their most decadent recipes.



### Toasted Almond Brittle

1 ounce Baileys With a Hint of Creme Caramel  
½ ounce hazelnut liqueur  
½ ounce vanilla liqueur  
1 ounce half-and-half  
Honey  
Crushed almonds

Put liquids into a shaker with ice, and shake. Dip the glass into honey, and cover in almonds. Pour into a glass.

SOURCE: KIM HAASARUD, FOUNDER OF LIQUID ARCHITECTURE

### The Apple-Disiac

1 ounce apple vodka  
½ ounce coffee liqueur  
1 ounce apple cider  
Splash of cream  
1 apple slice

Mix all ingredients with ice in a shaker, and shake well. Strain into a snifter glass. Garnish with an apple slice.

SOURCE: THE WATER CLUB, ATLANTIC CITY, NEW JERSEY

### Pumpkin Martini

½ ounce cream liqueur  
2 ounces Absolut Vanilla  
1 ounce canned cinnamon pumpkin puree  
1 teaspoon whipped cream  
Cinnamon stick

With ice, shake together cream liqueur and vodka. Add pumpkin puree, and shake. Strain into a glass. Top with whipped cream and a cinnamon stick.

SOURCE: CLINK AT THE LIBERTY HOTEL, BOSTON

### White Ginger

Crushed gingersnaps  
¼ ounce Cointreau  
¼ teaspoon grated ginger  
1¼ ounces Hangar One Citron  
1 ounce white cranberry juice

Wet the rim of a glass, and dip in the cookies. Muddle the Cointreau and ginger in a shaker. Add remaining ingredients with ice, shake, and pour into the glass.

SOURCE: FIRST FOOD AND BAR AT THE PALAZZO, LAS VEGAS, NEVADA

### Cherry Fizz

2 ounces Three Olives Root Beer Vodka  
1 ounce amaretto  
Dollop of whipped cream  
Cherry Pop Rocks

Pour vodka and amaretto into a shaker with ice, shake, and strain into a glass. Add whipped cream, and sprinkle with a pinch of Pop Rocks to make it fizz.

SOURCE: DISTRICT, CHICAGO

PHILIP FRIEDMAN/STUDIO D. Food stylist: Matt Vohr for Halley Resources. Prop stylist: Nancy Sotomayor. (Glasses, from left) Crate and Barrel; Riesel, conranusa.com; LSA International, gracioushome.com; Conran USA, conranusa.com; Crate and Barrel.



10/26/08

16:06

customer care

549-598-2424

pg 1

Dear Bio-Oil

I picked up Bio-Oil on a whim while walking through CVS/pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and one really dark bag under my eye, after using Bio-Oil the appearance of the stretch marks has faded, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better.

I will continue to buy Bio-Oil. It works.

Regards

Phenix Hall

10/26/08

16:06

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Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at all leading retailers from \$11.99 (2fl.oz.) and \$19.99 (4.2fl.oz.). Individual results may vary. For more information ask your pharmacist or visit [bio-oil.com](http://bio-oil.com).



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CANADA (Nielsen, 2008)  
NETHERLANDS (Nielsen, 2009)  
AUSTRALIA (Nielsen, 2008)  
SOUTH AFRICA (Nielsen, 2009)  
IRELAND (IRI, 2008)  
NEW ZEALAND (Synovate Aztec, 2008)  
Full references at [bio-oil.com](http://bio-oil.com)



## Game Night With Friends

We're not talking about a quiet evening of Crazy Eights here. Invite the group over for great finger food and some very heated competition.



### Caramelized Onion Dip With Potato Chips

Try to refrain from licking the bowl clean in front of your guests.

- 1 tablespoon olive oil
- 1 large onion, very thinly sliced
- ½ cup mayonnaise
- ¼ cup sour cream
- 1 8-ounce package cream cheese, at room temperature
- 1 teaspoon Worcestershire sauce
- ½ teaspoon garlic salt
- ½ teaspoon onion powder
- ½ teaspoon freshly ground black pepper
- 1 scallion, green part only, thinly sliced
- Kettle-style potato chips or veggies

Sauté onion slices in oil on medium heat for 5 to 7 minutes, until they begin to brown. Stir in ¼ cup water, and scrape up brown bits from the bottom of the pan. Turn heat to low, and cook 30 to 35 minutes, stirring occasionally, until onions are golden brown. If pan looks too dry at any point, add a tablespoon of water. Let cool. In a medium bowl, combine mayo, sour cream, cream cheese, Worcestershire sauce, garlic salt, onion powder, and pepper. Using a

handheld electric mixer, beat until smooth. Stir in reserved onions and scallions. Chill until serving time. Serve with potato chips or veggies.

### Sweet-and-Sour Drumettes

They're much easier to eat than wings, but still have some wipes on hand for sticky fingers.

- 2 pounds chicken drumettes (ask your butcher to cut them for you)
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- ¼ cup barbecue sauce
- ¼ cup French dressing
- 1 tablespoon red-wine vinegar
- Dash of hot sauce (optional)

Preheat oven to 350 degrees. Season chicken with salt and pepper. Heat oil in a skillet over medium heat. Brown chicken in batches (don't overcrowd the pan), about 3 minutes on each side. Transfer drumettes to a baking dish. Then combine butter, barbecue sauce, dressing, vinegar, and hot sauce. Microwave until butter is melted. Stir. Pour sauce over chicken, and toss to coat evenly. Bake for 15 minutes.



Katie Lee

▶ The big trend these days is staying in with a few couples and going head-to-head in Cranium, Bananagrams, Wii...or whatever game you guys are into. Keep the atmosphere casual, and serve simple comfort foods that are easy to eat. You might want to offer up a little wager to make things interesting.

### Cheeseburger Sliders

These miniburgers go fast. You may want to double the recipe for a hungry group!

- 1 pound lean ground beef
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 slices American cheese, cut into quarters
- 8 slider-size hamburger buns

#### Special sauce:

- ¼ cup mayonnaise
- ¼ cup ketchup
- 2 teaspoons sweet-pickle relish

#### Toppings:

- Lettuce
- Roma tomatoes, thinly sliced

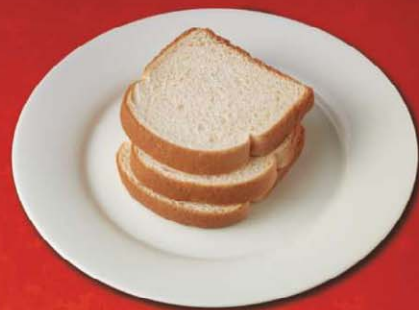
Preheat grill pan over medium-high heat. In a bowl, combine beef with salt, pepper, and garlic powder. Shape meat into eight small patties of equal size. Cook burgers about 2 minutes, flip, and top with cheese. Cook about 2 more minutes. Put burgers on buns, and top with special sauce, lettuce, and tomatoes.

### Root-Ber Floats

For dessert, make floats with vanilla ice cream and root beer. If you want to be cute, serve them with a chocolate candy straw. And add a little vanilla vodka if you want them spiked!







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## FOOD FIGHT



### French Onion Soup **vs.** Minestrone

**Calories:** 552  
**Fat:** 22 grams

If it were just onion broth, this would be healthy. But it comes with gooey cheese and croutons, which send calorie and fat levels off the charts. Plus, the sodium count exceeds your daily value.

**Calories:** 164  
**Fat:** 1 gram

Because it contains veggies, pasta, and beans, a bowl of minestrone provides a decent amount of vitamin A as well as fiber. Still, sodium levels are nearly half your daily value.



SOURCES: OLIVE GARDEN NUTRITIONAL INFORMATION; RED ROBIN NUTRITIONAL INFORMATION

### Girls' Night Can Make You Fat

When women dine out with several girlfriends at once, they consume more calories than if they'd eaten with a few people, in a coed group, or with a guy, new research shows. A theory why: When you share a meal with men, you're more worried about looking gluttonous.

### Q&A

"What fast-food choices are the healthiest?"

Most chains offer a grilled-chicken sandwich that packs lean protein and comes in at a decent 350 calories. A regular burger or cheeseburger also has under 400 calories. Avoid breaded items, like chicken nuggets, and fries as well as sauces and nondiet soda.

SOURCE: STEPHANIE MIDDLEBERG, MS, RD, IN NYC

### Metabolism Booster

## Hot Peppers

They won't make pounds melt off instantly, but consuming hot pepper-infused dishes, such as Thai or Vietnamese spicy curry, kicks up your heart rate for a few hours and helps you burn more calories than if you'd had something plain.

SOURCE: TANYA ZUCKERBROT, RD, FOUNDER OF SKINNYANDTHECITY.COM

## Fast Fact

Those free food samples at the supermarket? Yeah, they're not exactly free. Two or three itty-bitty cubes of cheese, for example, can top 100 calories.



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# Cosmo Astrologer

Get a sneak peek at what to look forward to...and what to watch out for.

BY HAZEL DIXON-COOPER

Capricorn

BIRTHDAY GIRL (DEC. 21–JAN. 19)



Kate Bosworth  
Jan. 2, 1983

**Strengths:** Clever, devoted, ambitious

**Weaknesses:** Pessimistic, moody, inflexible

**What makes you sexy:**

You don't beat around the bush, and you're never too shy to make the first move in bed. Guys find this brazenness so refreshing...and a total turn-on.

**Your birthday month:**

You're extracompetitive under determined Saturn, putting in tons of OT. But make time for fun or you'll burn out. On the 20th, have a girls' night, and enjoy some dirty dancing with hot guys under the wild Moon.

**Dating tip:** Say yes when a bookish guy asks you out

under eccentric Uranus.

He's not the alpha type you usually go for, but Mr. Smarty Pants has a delish naughty side.

**Love advice:** When cozy Neptune rules on the 8th, "camp out" by the fireplace (or a cluster of candles). Toss blankets on the floor, and enjoy oven-baked s'mores.

berance is engaging, so go out near the 28th. You won't have to pay for a single drink!

**Dating tip:** You'll flirt with a cute guy at a party midmonth. But when he suggests ditching together, the sly Moon urges you to say no. Instead, friend him on FB the next day. This dude digs a good game of hard to get.

**Love advice:** Lusty Venus makes you insatiable. Call in sick and have a sexathon.

## Aries

(MARCH 21–APRIL 19)

Creative Neptune motivates you to devise cheap ways to have fun, like a theme-night potluck. Throw a luau complete with leis and boozy tropical drinks. All those cocktails lead to a no-holds-barred sex discussion, and you'll come away with some amazing new tips.

**Dating tip:** Don't misinterpret a date's comment under the deceptive Moon ("all my exes are blonds" doesn't mean he's not into brunets). He's a keeper, so brush it off.

**Love advice:** Mischievous Mars drives you to get a little frisky in public near the 31st. Covertly squeeze his ass at a party.

## Taurus

(APRIL 20–MAY 19)

Extroverted Venus has your social life packed. Squeeze in as many nights out and sizzling hookups as you can, because after the 30th, your workload picks up, leaving you little time for play...or booty calls.

**Dating tip:** When a guy friend compliments you, you'll be surprised to feel butterflies. Invite him over for a glass of wine, and relish the chemistry you never knew you had.

**Love advice:** Near the 3rd, the playful Sun says to meet him at the door wearing one of his button-downs...and nothing else.

## Gemini

(MAY 20–JUNE 20)

Your natural vivacity gets a boost from enthusiastic Jupiter. Channel this energy surge into a new hobby, like joining an improv group or signing up for a photography class. One of your hidden talents will come to light.

**Dating tip:** Assertive Mars sends you a guy as creative as you are. Suggest a unique date (go-carting) and he'll fall for you fast.

**Love advice:** Sultry Venus says to plan a sexy night in on the 16th. Whip up pomegranate margaritas, and slither into silky lingerie.

## Cancer

(JUNE 21–JULY 22)

When gloomy Saturn rules, beat the blues by trying a different workout, such as hot yoga or dance. Bonus: You'll be in sick shape midmonth, when the stars say you're due for serious male admiration. Wear your most attention-grabbing outfits around then.

**Dating tip:** Audacious Jupiter dares you to date multiple guys. Knowing you have back-ups gives you an irresistibly elusive edge.

**Love advice:** Plant kisses from behind his ears to his toes under sensual Neptune.

## Leo

(JULY 23–AUG. 22)

With retro Mars in your sign, you're bursting with brilliant ideas. Keep a pen and paper by your bed—your genius peaks at night. One of these gems will wow your boss, so mention it on the 11th. It may snag you a promotion.

**Dating tip:** Around the 15th, an ex calls. You ended on good terms, and the stars say now is the time to give things a second go.

**Love advice:** Persuasive Mercury helps you talk him into seeing a chick flick. Later, thank him with your own erotic feature.

## Aquarius

(JAN. 20–FEB. 17)

When agitated Mars tries your patience near the 27th, schedule a spa pedicure to help you chill out. Plus, the stars predict you'll have a hot sack session later that night, and this will prime you for skin-on-skin contact.

**Dating tip:** Under inconvenient Mercury, you spot a cute guy while running errands, but—ugh—you're makeupless and slightly hung-over. The stars say to approach anyway. He'll happily give you his number if asked.

**Love advice:** Expansive Jupiter says to break in a new place...up against a window.

## Pisces

(FEB. 18–MARCH 20)

You're bold under daring Jupiter. Step out of your comfort zone, and take a snowboarding lesson or rock a wild sex position. Your exu-



## Virgo

(AUG. 23–SEPT. 21)

The stars inspire you to start off the year with a hefty goals list. Two tips: Break big challenges into a series of smaller tasks so they feel more manageable, and give yourself a reward when you complete each step, such as splurging on a sexy pair of undies.

**Dating tip:** Thanks to faulty Neptune, a gadget (like your iPod or cell phone) needs a tune-up. Look supercute when you go to get it fixed because the tech guy will be gorgeous.

**Love advice:** Under playful Venus around the 7th, lure him to bed early by leaving a trail of your clothes across the floor.

## Libra

(SEPT. 22–OCT. 22)

It's in your DNA to agonize over big decisions, but after the 18th, confident Venus encourages you to drastically change your look. So dye your hair or get in on a daring trend, like sparkly leggings or a faux-fur vest. People will rave about the new you.

**Dating tip:** The charmer who flirts with you near the 10th isn't ready to commit. If you're down with that, he's a fun booty call.

**Love advice:** The Full Moon on the 30th has you craving romance. Draw a bath, light candles, and invite him to join you.

## Scorpio

(OCT. 23–NOV. 21)

You're generally a pretty private person, but gregarious Mars wants you to approach new people at month's end. One of these encounters will bring something exciting your way, like a job lead, an amazing party invite, or a date with a guy who could be The One.

**Dating tip:** With the doubtful Moon in your sign, you must trust a friend's judgment about a guy she wants to set you up with—his Facebook pic does *not* do him justice.

**Love advice:** When the stars heighten your sense of touch, ask him to tantalize you with a silk scarf, warming oil, or a feather.

## Sagittarius

(NOV. 22–DEC. 20)

Retrograde Mercury has you devoted to cutting back, like taking your lunch to work and forgoing expensive nights out. Good for you! But still treat yourself to some little pleasures (brunch with friends, a naughty sex toy) to avoid a spending binge later.

**Dating tip:** Under sensitive Neptune, you pick up on a coworker's "I'm into you" vibe midmonth. Turn on your charisma to let him know you're interested too.

**Love advice:** Near the 2nd, the merry Moon suggests a fun date, like laser tag.

## Turning Him On

The stars reveal how to tantalize your man based on his sign.

### Capricorn

Serene Neptune puts him in the mood to relax. On the 17th, attempt a tricky dish (like risotto). Pour some merlot, and master it together.

**The move he's craving:** A sensual massage. Rub your fingers from his back to his thighs.

### Aquarius

His generous side surfaces under kind Uranus, so run a charity race near the 16th. Bonus: Your endorphin surge leads to a red-hot tryst.

**The move he's craving:** Role-play. Midday, e-mail your "student" a naughty lesson plan.

### Pisces

The imaginative stars trigger his need for an unusual date. On the 27th, go bowling—the winner gets to call the shots in bed later.

**The move he's craving:** Rowdy sex. Start a pillow fight, and dare him to pin you down.

### Aries

The macho Ram wants attention under needy Mars. Whisper "I can't wait to get you home" when you're out near the 3rd.

**The move he's craving:** A show. Dim the lights, and pleasure yourself in front of him.

### Taurus

Open-minded Jupiter encourages him to expand his social circle. On the 19th, plan a double date with your coworker and her guy.

**The move he's craving:** Pillow talk. Lie side by side, and each describe a sexy fantasy.

### Gemini

Sleepy Neptune turns him into a couch potato. Ambush him for a sofa hookup on the 23rd.

**The move he's craving:** Lazy loving. Draw the blinds, and burn up the sheets for hours.

### Cancer

When he turns into a neat freak under perfectionist Mercury midmonth, take advantage. He'll happily do the dishes or wash the car for you.

**The move he's craving:** Car sex. Tell him to pull over on a side street, and give him a BJ.

### Leo

Competitive Jupiter incites him to work late. On the 22nd, help him unwind by seeing a movie and making out in the back row.

**The move he's craving:** Tub love. Do it up against the wall during a steamy shower.

### Virgo

Your guy wants to party, thanks to energetic Venus. So host a fiesta near the 23rd. Partway through, steal him away for a quickie.

**The move he's craving:** An eyeful. Bend over the couch so he can enter you from behind.

### Libra

He needs to blow off steam under stressful Mercury. Try wild and crazy sex on the 2nd.

**The move he's craving:** Half-dressed nooky. Get it on while wearing stilettos.

### Scorpio

The stars turn this tough guy into a softie until the 8th. It's the perfect time to broach a serious topic, like moving in together.

**The move he's craving:** Pleasurable pain. Gently bite his neck right before he climaxes.

### Sagittarius

On the 12th, the caring Moon sparks his rarely seen emotional side. Reminisce by looking at FB pics of you two. Order (and frame) a few.

**The move he's craving:** A slowie. Push him onto the bed, and tell him to stay put.

## Capricorn: Best Love Matches



### Libra

Matt Damon

Oct. 8, 1970

You two have an instant rapport and can

talk for hours. This connection lends itself well to your dynamic in the bedroom, where he's adventurous enough to keep you guessing with hot new tricks—you are so down for that!



### Virgo

Luke Wilson

Sept. 21, 1971

Your quick wit catches this flirty dude off

guard. He'll love that you challenge him...and that you can keep up with his raunchy sense of humor. Since you both have serious reserves of patience, count on *looong*, sultry foreplay.

# Playing With Fire

**Maya is investigating the arson that killed her brother. After her search leads to a hotshot firefighter, Maya's life heats up in ways she'd never imagined....**

▶ *Maya Jackson is a beautiful but tough arson inspector... and now her job has become personal. A fire set by an arsonist killed her brother, and she is determined to find the person responsible. Maya's unlikely suspect is sexy Logan Cain, who also happens to be a firefighter. After hikers report seeing him near the scene of the crime on the day of the fire, Maya is sure that Logan is her guy.*

*But as she sets out to prove his guilt, Maya sees how compassionate and heroic Logan is, and she begins to wonder if he's innocent. Soon, more fires occur, and it's apparent that whoever is setting them is targeting Maya. Plagued with doubts and confused by her feelings for Logan, Maya shows up at his place one evening. She asks him out to dinner to talk, and Logan jumps at the chance to be alone with her. The two get into Logan's truck, but before they can go anywhere, they notice a funny smell, and Logan's fireman instincts kick in. He pushes Maya out of the truck seconds before a bomb goes off, saving her life...and igniting the desire that's been burning between them all along....*

## Deadly Heat

As Maya came to, she wondered why she was lying on the ground outside Logan's house.

Then she realized that Logan was covering her body with his own, his hard muscles a blanket of safety.

*Oh, God, she remembered. His truck blew up. And we almost died.*

Suddenly, Logan groaned and rolled off her. Slowly, he got on his feet, then helped Maya do the same.

"You saved my life," Maya gasped.

"I hope this means I'm no longer a suspect," Logan said wryly, his attempt at humor negated by the pained look on his face.

"Logan, you're hurt," Maya said with genuine concern.

"I've felt worse," he told her. "I'll be fine."

"No," Maya said, a determined glint in her green eyes. "I need to take care of you."

Logan allowed Maya to guide him up the stairs of his front porch and into the kitchen. Then he waited while she wet a dish towel with warm, sudsy water and tried not to flinch as she pulled off his sweaty tee shirt. Dirt and pine needles covered Logan's wide, tanned chest.



From *Wild Heat*, by Bella Andre...



Maya used the towel to gently brush away the debris embedded in his skin. Despite the fear still pulsing through her, Maya couldn't help but feel relieved. All this time, she'd been trying to deny her attraction to Logan—first believing he was a criminal and then because she was unsure how he felt about her. But he had risked his life for her tonight, and she was hopeful this meant that he felt the same way.

Her hands stilled as she said, "You could have died trying to save me...and here I am investigating you, putting you in danger."

Logan abruptly turned and ran his soot-stained hands through her thick brown hair.

"Don't you dare blame yourself," he told her. And with that, he leaned in to kiss her. "I almost just lost you," he said, pulling away for a moment. "I won't let that happen again."





## Change of Heart

Maya let Logan's words run over her, sparking the desire for him that she had forced herself to bury. She tilted up her chin to kiss him again.

His mouth moved from her lips to her neck, his teeth lightly nipping her skin as he pulled her tee shirt over her body. When it was on the floor, she pressed herself against him, tracing the hard muscles of his bare chest with her fingers.

"I need to know you trust me, that you believe me now," he said.

Maya cupped his face in her hands, staring deep into his beautiful brown eyes. The sincerity she saw in them was undeniable. "I believe you, Logan," she whispered.

Logan's fingers found her bra straps, and he slid them off her shoulders. When he rubbed his thumbs over her nipples, a gasp emerged from Maya's throat.

She grabbed at his hips to pull him closer—oh, God, she wanted him closer—to her. Her hips bucked against his shaft, and even through his pants, she could feel how thick and large he was.

"That's it," he said, lifting her into his arms and carrying her up the stairs as if she weighed nothing at all.

## Burning Up

Once inside his bedroom, Logan laid Maya beneath him on his bed. He kissed her again, starting at her mouth and moving lower until she felt his warm breath on her stomach.

Logan unbuttoned her jeans, slowly sliding them off, along with her panties. She cried out his name when she felt his lips between her legs.

She should have been prepared for his tongue against her bare skin, but she wasn't. Nothing could have prepared her for Logan.

Waves of pleasure moved through her, and Logan cupped her ass to lift her closer to his mouth. Her muscles clenched with need. She wanted all of him, to be filled with his huge, stiff member. She opened her mouth to say this, but before she could utter a word, he lifted his head, a half smile on his beautiful lips.

"Let me get a condom," he said, as though he had read her mind. He reached into his bedside table for one and slid it on before repositioning himself between her legs.

She ran her hands over his broad shoulders and down his strong arms as he entered her.

"Oh, Maya," he gasped.

Hearing Logan say her name rocked her to the core. She opened her legs wider for him. Again and again, he thrust his hard, thick length into her. His heavy weight pressed her against the bed, and his skin grew slick beneath her hands. Sweat beaded between her breasts, and he bent his head to lick it off her without missing a beat.

Maya felt the pleasure building, and Logan lifted his head and looked into her eyes, knowing what was coming. And then his hands were in her hair, and she was wrapping her legs around his waist and rocking into him.

Maya's cry of ecstasy merged with Logan's growl as spasms wracked their bodies. She rode the length of his shaft again and again, her orgasm more intense than any she'd ever felt before.

She didn't know how long they lay together afterward, with his warm body pressing into her. Being with Logan felt so incredibly right, and it wasn't because she'd almost lost her life and her emotions were all over the place. She could only hope that Logan agreed, because no man had ever made her feel this good before.... ■

*Adapted from WILD HEAT, by Bella Andre. Copyright © 2009. Published by the Random House Publishing Group.*



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# Cosmo Quiz

BY ROBIN HILMANTEL

## Do You Ace a First Date?

### 1. Your newfound cutie calls to find out what you feel like doing on your date. You suggest:

- a** Whatever he wants to do—you're easy to please.
- b** That he teach you a few advanced pool tricks since he mentioned being a billiards junkie.
- c** Ten amazing ideas. One of them is bound to scream *soul mate*.

### 2. He plans a bowling night, followed by dinner and drinks at his go-to diner. You wear:

- a** A soft sweater, curve-hugging jeans, and your chicest flat boots.
- b** A warm flannel shirt and cargo pants with plenty of give at the knees.
- c** A slit pencil skirt and a flirty, low-cut top. You dress to kill—always.

### 3. After intros and a couple of minutes of solid back-and-forth banter, the conversation hits its first lull. You:

- a** Mention that you love the beach and that he should come with you this summer.
- b** Pray that he'll say something, then escape to the ladies' room when he doesn't.
- c** Lean in closer and ask, "So, what made you want to become an [insert his job title here]?"

### 4. He makes what might just be the lamest joke of all time. What's your move?

- a** Laughing at how bad it was and telling an even cornier joke to crack him up
- b** Unleashing your best impression of a hyena so as not to bruise his ego
- c** Quickly changing the subject: "Hmm, I wonder when our food will be ready."

### 5. When dessert hits the table, you're most likely to be thinking about:

- a** How jealous your friends are gonna be when they meet him.
- b** His taste in music or movies—it can tell you so much about a guy.
- c** How badly you want him to call tomorrow—you've already picked out his ringtone.

#### 7 TO 10 POINTS

##### Bashful Babe

What was that? Sorry, we couldn't hear you over the chirp of the crickets. Whether you are naturally timid or just have first-date jitters, he reads your shyness as boredom. "He thinks you're not making any effort because you're not enjoying yourself," says Diana Kirschner, PhD, author of *Love in 90 Days*. Prepare a few convo starters ahead of time, and amp up the flirting by "accidentally" grazing his arm when you reach for your drink. And try to have fun! When you enjoy your date, he's way more likely to enjoy you.

#### 4 TO 6 POINTS

##### Master Dater

Dang, girl, does your phone ever stop ringing? You know that dates are as much about having a good time and feeling him out (figuratively!) as they are about impressing him... which you do with your laid-back MO. Because you spend as much time listening as you do talking, "he views you as both interesting and interested," says Joy Browne, PhD, author of *Dating for Dummies*. Keep flaunting your fun-loving attitude and your calendar will be booked with second dates...and beyond.

#### 0 TO 3 POINTS

##### Too-Fierce Flirt

You bring out the big guns on date one but end up shooting yourself in the foot. "You feel you only have a short amount of time to dazzle," Browne says, "so you go overboard." When you try too hard to please him, he feels smothered. And bringing up the future, even subtly, makes him think you just want to lock him down. "Practice closing your mouth and paying attention," Kirschner says. If you do, you're more apt to make a real connection.

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SCORING: 1. a-2, b-1, c-0; 2. a-1, b-2, c-0; 3. a-0, b-2, c-1; 4. a-1, b-0, c-2; 5. a-0, b-1, c-2





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